

Equinox Marathon Pace Table for 3:15:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		7:13
2 Mile	6:46	13:59
Yankovitch		16:52
3 Mile	7:22	21:21
4 Mile	8:06	29:27
5 Mile	7:08	36:36
Miller Hill		41:19
6 Mile	6:55	43:31
7 Mile	6:51	50:21
8 Mile	6:51	57:12
9 Mile	6:55	1:04:07
St. Patrick's		1:04:29
10 Mile	8:55	1:13:02
11 Mile	10:02	1:23:05
12 Mile	9:40	1:32:45
Top of Dome		1:36:03
13 Mile	7:35	1:40:20
Half-Mar.		1:41:08

Checkpoint	Mile	Cumulative
14 Mile	7:17	1:47:37
Turnaround		1:53:45
15 Mile	8:11	1:55:48
16 Mile	8:11	2:03:59
17 Mile	7:35	2:11:34
Top of Chute		2:12:00
18 Mile	7:35	2:19:09
19 Mile	6:37	2:25:46
20 Mile	6:33	2:32:19
21 Mile	6:33	2:38:52
Hend/Gold Hill		2:42:09
22 Mile	6:37	2:45:29
23 Mile	7:04	2:52:33
24 Mile	6:33	2:59:06
25 Mile	6:33	3:05:38
26 Mile	7:44	3:13:22
Finish		3:15:00