

Equinox Marathon Pace Table for 3:25:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		7:35
2 Mile	7:07	14:42
Yankovitch		17:44
3 Mile	7:44	22:26
4 Mile	8:31	30:58
5 Mile	7:30	38:28
Miller Hill		43:26
6 Mile	7:16	45:44
7 Mile	7:12	52:56
8 Mile	7:12	1:00:08
9 Mile	7:16	1:07:24
St. Patrick's		1:07:48
10 Mile	9:23	1:16:47
11 Mile	10:33	1:27:20
12 Mile	10:10	1:37:30
Top of Dome		1:40:58
13 Mile	7:59	1:45:29
Half-Mar.		1:46:19

Checkpoint	Mile	Cumulative
14 Mile	7:40	1:53:08
Turnaround		1:59:35
15 Mile	8:36	2:01:44
16 Mile	8:36	2:10:20
17 Mile	7:59	2:18:19
Top of Chute		2:18:46
18 Mile	7:59	2:26:17
19 Mile	6:58	2:33:15
20 Mile	6:53	2:40:08
21 Mile	6:53	2:47:01
Hend/Gold Hill		2:50:27
22 Mile	6:58	2:53:58
23 Mile	7:26	3:01:24
24 Mile	6:53	3:08:17
25 Mile	6:53	3:15:09
26 Mile	8:08	3:23:17
Finish		3:25:00