

Equinox Marathon Pace Table for 3:30:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		7:46
2 Mile	7:17	15:03
Yankovitch		18:09
3 Mile	7:56	22:59
4 Mile	8:44	31:43
5 Mile	7:41	39:24
Miller Hill		44:30
6 Mile	7:27	46:51
7 Mile	7:22	54:13
8 Mile	7:22	1:01:36
9 Mile	7:27	1:09:03
St. Patrick's		1:09:27
10 Mile	9:37	1:18:39
11 Mile	10:49	1:29:28
12 Mile	10:25	1:39:53
Top of Dome		1:43:26
13 Mile	8:10	1:48:03
Half-Mar.		1:48:54

Checkpoint	Mile	Cumulative
14 Mile	7:51	1:55:54
Turnaround		2:02:30
15 Mile	8:49	2:04:43
16 Mile	8:49	2:13:31
17 Mile	8:10	2:21:41
Top of Chute		2:22:09
18 Mile	8:10	2:29:52
19 Mile	7:08	2:36:59
20 Mile	7:03	2:44:02
21 Mile	7:03	2:51:05
Hend/Gold Hill		2:54:37
22 Mile	7:08	2:58:13
23 Mile	7:37	3:05:49
24 Mile	7:03	3:12:52
25 Mile	7:03	3:19:55
26 Mile	8:20	3:28:15
Finish		3:30:00