

Equinox Marathon Pace Table for 3:40:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		8:08
2 Mile	7:38	15:46
Yankovitch		19:01
3 Mile	8:18	24:05
4 Mile	9:09	33:14
5 Mile	8:03	41:17
Miller Hill		46:37
6 Mile	7:48	49:05
7 Mile	7:43	56:48
8 Mile	7:43	1:04:32
9 Mile	7:48	1:12:20
St. Patrick's		1:12:46
10 Mile	10:04	1:22:24
11 Mile	11:20	1:33:44
12 Mile	10:54	1:44:38
Top of Dome		1:48:22
13 Mile	8:34	1:53:12
Half-Mar.		1:54:06

Checkpoint	Mile	Cumulative
14 Mile	8:13	2:01:25
Turnaround		2:08:20
15 Mile	9:14	2:10:39
16 Mile	9:14	2:19:53
17 Mile	8:34	2:28:26
Top of Chute		2:28:55
18 Mile	8:34	2:37:00
19 Mile	7:28	2:44:28
20 Mile	7:23	2:51:51
21 Mile	7:23	2:59:14
Hend/Gold Hill		3:02:56
22 Mile	7:28	3:06:42
23 Mile	7:58	3:14:40
24 Mile	7:23	3:22:03
25 Mile	7:23	3:29:26
26 Mile	8:44	3:38:10
Finish		3:40:00