

Equinox Marathon Pace Table for 3:45:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		8:19
2 Mile	7:49	16:08
Yankovitch		19:27
3 Mile	8:30	24:38
4 Mile	9:21	33:59
5 Mile	8:14	42:13
Miller Hill		47:41
6 Mile	7:59	50:12
7 Mile	7:54	58:06
8 Mile	7:54	1:06:00
9 Mile	7:59	1:13:58
St. Patrick's		1:14:25
10 Mile	10:18	1:24:16
11 Mile	11:35	1:35:51
12 Mile	11:09	1:47:01
Top of Dome		1:50:50
13 Mile	8:45	1:55:46
Half-Mar.		1:56:41

Checkpoint	Mile	Cumulative
14 Mile	8:25	2:04:11
Turnaround		2:11:15
15 Mile	9:26	2:13:37
16 Mile	9:26	2:23:03
17 Mile	8:45	2:31:49
Top of Chute		2:32:18
18 Mile	8:45	2:40:34
19 Mile	7:38	2:48:12
20 Mile	7:33	2:55:45
21 Mile	7:33	3:03:18
Hend/Gold Hill		3:07:05
22 Mile	7:38	3:10:56
23 Mile	8:09	3:19:06
24 Mile	7:33	3:26:39
25 Mile	7:33	3:34:12
26 Mile	8:55	3:43:07
Finish		3:45:00