

Equinox Marathon Pace Table for 3:50:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		8:31
2 Mile	7:59	16:30
Yankovitch		19:53
3 Mile	8:41	25:11
4 Mile	9:34	34:44
5 Mile	8:25	43:10
Miller Hill		48:44
6 Mile	8:09	51:19
7 Mile	8:04	59:23
8 Mile	8:04	1:07:28
9 Mile	8:09	1:15:37
St. Patrick's		1:16:04
10 Mile	10:32	1:26:09
11 Mile	11:51	1:37:59
12 Mile	11:24	1:49:23
Top of Dome		1:53:17
13 Mile	8:57	1:58:20
Half-Mar.		1:59:17

Checkpoint	Mile	Cumulative
14 Mile	8:36	2:06:56
Turnaround		2:14:10
15 Mile	9:39	2:16:35
16 Mile	9:39	2:26:14
17 Mile	8:57	2:35:11
Top of Chute		2:35:41
18 Mile	8:57	2:44:08
19 Mile	7:48	2:51:56
20 Mile	7:43	2:59:39
21 Mile	7:43	3:07:23
Hend/Gold Hill		3:11:15
22 Mile	7:48	3:15:11
23 Mile	8:20	3:23:31
24 Mile	7:43	3:31:14
25 Mile	7:43	3:38:57
26 Mile	9:07	3:48:05
Finish		3:50:00