

9/14/2005

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2:00 PM

Equinox Marathon Pace Table for 3:55:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		8:42
2 Mile	8:09	16:51
Yankovitch		20:19
3 Mile	8:52	25:43
4 Mile	9:46	35:30
5 Mile	8:36	44:06
Miller Hill		49:48
6 Mile	8:20	52:26
7 Mile	8:15	1:00:41
8 Mile	8:15	1:08:56
9 Mile	8:20	1:17:16
St. Patrick's		1:17:43
10 Mile	10:45	1:28:01
11 Mile	12:06	1:40:07
12 Mile	11:39	1:51:46
Top of Dome		1:55:45
13 Mile	9:09	2:00:55
Half-Mar.		2:01:52

Checkpoint	Mile	Cumulative
14 Mile	8:47	2:09:42
Turnaround		2:17:05
15 Mile	9:52	2:19:33
16 Mile	9:52	2:29:25
17 Mile	9:09	2:38:33
Top of Chute		2:39:04
18 Mile	9:09	2:47:42
19 Mile	7:59	2:55:41
20 Mile	7:53	3:03:34
21 Mile	7:53	3:11:27
Hend/Gold Hill		3:15:24
22 Mile	7:59	3:19:26
23 Mile	8:31	3:27:57
24 Mile	7:53	3:35:50
25 Mile	7:53	3:43:43
26 Mile	9:19	3:53:02
Finish		3:55:00