

9/14/2005

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2:00 PM

**Equinox Marathon Pace Table for 4:00:00 Pace**

Checkpoint	Mile	Cumulative
1 Mile		8:53
2 Mile	8:20	17:13
Yankovitch		20:45
3 Mile	9:04	26:16
4 Mile	9:59	36:15
5 Mile	8:47	45:02
Miller Hill		50:51
6 Mile	8:31	53:33
7 Mile	8:25	1:01:58
8 Mile	8:25	1:10:24
9 Mile	8:31	1:18:54
St. Patrick's		1:19:22
10 Mile	10:59	1:29:53
11 Mile	12:21	1:42:15
12 Mile	11:54	1:54:09
Top of Dome		1:58:13
13 Mile	9:20	2:03:29
Half-Mar.		2:04:28

Checkpoint	Mile	Cumulative
14 Mile	8:58	2:12:27
Turnaround		2:20:00
15 Mile	10:04	2:22:31
16 Mile	10:04	2:32:36
17 Mile	9:20	2:41:56
Top of Chute		2:42:27
18 Mile	9:20	2:51:16
19 Mile	8:09	2:59:25
20 Mile	8:03	3:07:28
21 Mile	8:03	3:15:31
Hend/Gold Hill		3:19:34
22 Mile	8:09	3:23:40
23 Mile	8:42	3:32:22
24 Mile	8:03	3:40:25
25 Mile	8:03	3:48:29
26 Mile	9:31	3:58:00
Finish		4:00:00