

9/14/2005

EquinoxPaceTables.xls -- PaceTables-Women -- page 1 of 1

2:01 PM

**Equinox Marathon Pace Table for 4:05:00 Pace**

Checkpoint	Mile	Cumulative
1 Mile		9:04
2 Mile	8:30	17:34
Yankovitch		21:11
3 Mile	9:15	26:49
4 Mile	10:11	37:00
5 Mile	8:58	45:58
Miller Hill		51:55
6 Mile	8:41	54:40
7 Mile	8:36	1:03:16
8 Mile	8:36	1:11:52
9 Mile	8:41	1:20:33
St. Patrick's		1:21:02
10 Mile	11:13	1:31:46
11 Mile	12:37	1:44:23
12 Mile	12:09	1:56:32
Top of Dome		2:00:41
13 Mile	9:32	2:06:03
Half-Mar.		2:07:04

Checkpoint	Mile	Cumulative
14 Mile	9:09	2:15:13
Turnaround		2:22:55
15 Mile	10:17	2:25:30
16 Mile	10:17	2:35:46
17 Mile	9:32	2:45:18
Top of Chute		2:45:50
18 Mile	9:32	2:54:50
19 Mile	8:19	3:03:09
20 Mile	8:13	3:11:22
21 Mile	8:13	3:19:36
Hend/Gold Hill		3:23:43
22 Mile	8:19	3:27:55
23 Mile	8:53	3:36:47
24 Mile	8:13	3:45:01
25 Mile	8:13	3:53:14
26 Mile	9:43	4:02:57
Finish		4:05:00