

Equinox Marathon Pace Table for 4:15:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		9:26
2 Mile	8:51	18:17
Yankovitch		22:03
3 Mile	9:38	27:55
4 Mile	10:36	38:31
5 Mile	9:20	47:51
Miller Hill		54:02
6 Mile	9:03	56:54
7 Mile	8:57	1:05:51
8 Mile	8:57	1:14:48
9 Mile	9:03	1:23:50
St. Patrick's		1:24:20
10 Mile	11:40	1:35:30
11 Mile	13:08	1:48:38
12 Mile	12:39	2:01:17
Top of Dome		2:05:36
13 Mile	9:55	2:11:12
Half-Mar.		2:12:15

Checkpoint	Mile	Cumulative
14 Mile	9:32	2:20:44
Turnaround		2:28:45
15 Mile	10:42	2:31:26
16 Mile	10:42	2:42:08
17 Mile	9:55	2:52:03
Top of Chute		2:52:36
18 Mile	9:55	3:01:58
19 Mile	8:39	3:10:38
20 Mile	8:34	3:19:11
21 Mile	8:34	3:27:45
Hend/Gold Hill		3:32:02
22 Mile	8:39	3:36:24
23 Mile	9:14	3:45:38
24 Mile	8:34	3:54:12
25 Mile	8:34	4:02:45
26 Mile	10:07	4:12:52
Finish		4:15:00