

Equinox Marathon Pace Table for 4:30:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		9:59
2 Mile	9:22	19:22
Yankovitch		23:21
3 Mile	10:12	29:33
4 Mile	11:13	40:47
5 Mile	9:53	50:40
Miller Hill		57:13
6 Mile	9:35	1:00:15
7 Mile	9:28	1:09:43
8 Mile	9:28	1:19:11
9 Mile	9:35	1:28:46
St. Patrick's		1:29:18
10 Mile	12:21	1:41:08
11 Mile	13:54	1:55:02
12 Mile	13:23	2:08:25
Top of Dome		2:12:59
13 Mile	10:30	2:18:55
Half-Mar.		2:20:01

Checkpoint	Mile	Cumulative
14 Mile	10:06	2:29:01
Turnaround		2:37:30
15 Mile	11:20	2:40:20
16 Mile	11:20	2:51:40
17 Mile	10:30	3:02:10
Top of Chute		3:02:46
18 Mile	10:30	3:12:41
19 Mile	9:10	3:21:50
20 Mile	9:04	3:30:54
21 Mile	9:04	3:39:58
Hend/Gold Hill		3:44:30
22 Mile	9:10	3:49:08
23 Mile	9:47	3:58:55
24 Mile	9:04	4:07:59
25 Mile	9:04	4:17:02
26 Mile	10:43	4:27:45
Finish		4:30:00