

## Equinox Marathon Pace Table for 4:35:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		10:10
2 Mile	9:33	19:43
Yankovitch		23:47
3 Mile	10:23	30:06
4 Mile	11:26	41:32
5 Mile	10:04	51:36
Miller Hill		58:16
6 Mile	9:45	1:01:22
7 Mile	9:39	1:11:00
8 Mile	9:39	1:20:39
9 Mile	9:45	1:30:25
St. Patrick's		1:30:57
10 Mile	12:35	1:43:00
11 Mile	14:10	1:57:10
12 Mile	13:38	2:10:48
Top of Dome		2:15:27
13 Mile	10:42	2:21:30
Half-Mar.		2:22:37

Checkpoint	Mile	Cumulative
14 Mile	10:17	2:31:46
Turnaround		2:40:25
15 Mile	11:32	2:43:19
16 Mile	11:32	2:54:51
17 Mile	10:42	3:05:33
Top of Chute		3:06:09
18 Mile	10:42	3:16:15
19 Mile	9:20	3:25:35
20 Mile	9:14	3:34:48
21 Mile	9:14	3:44:02
Hend/Gold Hill		3:48:40
22 Mile	9:20	3:53:22
23 Mile	9:58	4:03:20
24 Mile	9:14	4:12:34
25 Mile	9:14	4:21:48
26 Mile	10:54	4:32:42
Finish		4:35:00