

Equinox Marathon Pace Table for 4:40:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		10:22
2 Mile	9:43	20:05
Yankovitch		24:13
3 Mile	10:34	30:39
4 Mile	11:38	42:17
5 Mile	10:15	52:33
Miller Hill		59:20
6 Mile	9:56	1:02:28
7 Mile	9:50	1:12:18
8 Mile	9:50	1:22:07
9 Mile	9:56	1:32:03
St. Patrick's		1:32:36
10 Mile	12:49	1:44:52
11 Mile	14:25	1:59:17
12 Mile	13:53	2:13:10
Top of Dome		2:17:55
13 Mile	10:54	2:24:04
Half-Mar.		2:25:13

Checkpoint	Mile	Cumulative
14 Mile	10:28	2:34:32
Turnaround		2:43:20
15 Mile	11:45	2:46:17
16 Mile	11:45	2:58:02
17 Mile	10:54	3:08:55
Top of Chute		3:09:32
18 Mile	10:54	3:19:49
19 Mile	9:30	3:29:19
20 Mile	9:24	3:38:43
21 Mile	9:24	3:48:07
Hend/Gold Hill		3:52:49
22 Mile	9:30	3:57:37
23 Mile	10:09	4:07:46
24 Mile	9:24	4:17:10
25 Mile	9:24	4:26:33
26 Mile	11:06	4:37:40
Finish		4:40:00