

Equinox Marathon Pace Table for 4:45:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		10:33
2 Mile	9:54	20:26
Yankovitch		24:39
3 Mile	10:46	31:12
4 Mile	11:51	43:03
5 Mile	10:26	53:29
Miller Hill		1:00:24
6 Mile	10:07	1:03:35
7 Mile	10:00	1:13:35
8 Mile	10:00	1:23:35
9 Mile	10:07	1:33:42
St. Patrick's		1:34:15
10 Mile	13:03	1:46:45
11 Mile	14:40	2:01:25
12 Mile	14:08	2:15:33
Top of Dome		2:20:23
13 Mile	11:05	2:26:38
Half-Mar.		2:27:48

Checkpoint	Mile	Cumulative
14 Mile	10:39	2:37:17
Turnaround		2:46:15
15 Mile	11:57	2:49:15
16 Mile	11:57	3:01:12
17 Mile	11:05	3:12:18
Top of Chute		3:12:55
18 Mile	11:05	3:23:23
19 Mile	9:40	3:33:03
20 Mile	9:34	3:42:37
21 Mile	9:34	3:52:11
Hend/Gold Hill		3:56:59
22 Mile	9:40	4:01:52
23 Mile	10:20	4:12:11
24 Mile	9:34	4:21:45
25 Mile	9:34	4:31:19
26 Mile	11:18	4:42:37
Finish		4:45:00