

## Equinox Marathon Pace Table for 4:50:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		10:44
2 Mile	10:04	20:48
Yankovitch		25:04
3 Mile	10:57	31:45
4 Mile	12:03	43:48
5 Mile	10:37	54:25
Miller Hill		1:01:27
6 Mile	10:17	1:04:42
7 Mile	10:11	1:14:53
8 Mile	10:11	1:25:03
9 Mile	10:17	1:35:21
St. Patrick's		1:35:55
10 Mile	13:16	1:48:37
11 Mile	14:56	2:03:33
12 Mile	14:23	2:17:56
Top of Dome		2:22:51
13 Mile	11:17	2:29:13
Half-Mar.		2:30:24

Checkpoint	Mile	Cumulative
14 Mile	10:50	2:40:03
Turnaround		2:49:10
15 Mile	12:10	2:52:13
16 Mile	12:10	3:04:23
17 Mile	11:17	3:15:40
Top of Chute		3:16:18
18 Mile	11:17	3:26:57
19 Mile	9:51	3:36:47
20 Mile	9:44	3:46:31
21 Mile	9:44	3:56:16
Hend/Gold Hill		4:01:08
22 Mile	9:51	4:06:06
23 Mile	10:30	4:16:37
24 Mile	9:44	4:26:21
25 Mile	9:44	4:36:05
26 Mile	11:30	4:47:35
Finish		4:50:00