

Equinox Marathon Pace Table for 4:55:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		10:55
2 Mile	10:14	21:09
Yankovitch		25:30
3 Mile	11:08	32:18
4 Mile	12:16	44:33
5 Mile	10:48	55:21
Miller Hill		1:02:31
6 Mile	10:28	1:05:49
7 Mile	10:21	1:16:10
8 Mile	10:21	1:26:31
9 Mile	10:28	1:36:59
St. Patrick's		1:37:34
10 Mile	13:30	1:50:29
11 Mile	15:11	2:05:41
12 Mile	14:38	2:20:18
Top of Dome		2:25:18
13 Mile	11:29	2:31:47
Half-Mar.		2:32:59

Checkpoint	Mile	Cumulative
14 Mile	11:02	2:42:49
Turnaround		2:52:05
15 Mile	12:23	2:55:11
16 Mile	12:23	3:07:34
17 Mile	11:29	3:19:02
Top of Chute		3:19:41
18 Mile	11:29	3:30:31
19 Mile	10:01	3:40:32
20 Mile	9:54	3:50:26
21 Mile	9:54	4:00:20
Hend/Gold Hill		4:05:18
22 Mile	10:01	4:10:21
23 Mile	10:41	4:21:02
24 Mile	9:54	4:30:56
25 Mile	9:54	4:40:50
26 Mile	11:42	4:52:32
Finish		4:55:00