

Equinox Marathon Pace Table for 5:00:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		11:06
2 Mile	10:25	21:31
Yankovitch		25:56
3 Mile	11:20	32:50
4 Mile	12:28	45:19
5 Mile	10:59	56:18
Miller Hill		1:03:34
6 Mile	10:38	1:06:56
7 Mile	10:32	1:17:28
8 Mile	10:32	1:27:59
9 Mile	10:38	1:38:38
St. Patrick's		1:39:13
10 Mile	13:44	1:52:22
11 Mile	15:27	2:07:49
12 Mile	14:52	2:22:41
Top of Dome		2:27:46
13 Mile	11:40	2:34:21
Half-Mar.		2:35:35

Checkpoint	Mile	Cumulative
14 Mile	11:13	2:45:34
Turnaround		2:55:00
15 Mile	12:35	2:58:09
16 Mile	12:35	3:10:44
17 Mile	11:40	3:22:25
Top of Chute		3:23:04
18 Mile	11:40	3:34:05
19 Mile	10:11	3:44:16
20 Mile	10:04	3:54:20
21 Mile	10:04	4:04:24
Hend/Gold Hill		4:09:27
22 Mile	10:11	4:14:35
23 Mile	10:52	4:25:28
24 Mile	10:04	4:35:32
25 Mile	10:04	4:45:36
26 Mile	11:54	4:57:30
Finish		5:00:00