



Pace Chart

Mile	Predicted Time																
	3 hours	3:15	3:30	3:45	4 hours	4:15	4:30	4:45	5 hours	5:15	5:30	5:45	6 hours	6:15	6:30	6:45	7 hours
Start	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM
1	8:06:52	8:07:27	8:08:01	8:08:35	8:09:10	8:09:44	8:10:18	8:10:53	8:11:27	8:12:01	8:12:36	8:13:10	8:13:45	8:14:19	8:14:53	8:15:28	8:16:02
2	8:13:44	8:14:53	8:16:02	8:17:11	8:18:19	8:19:28	8:20:37	8:21:45	8:22:54	8:24:03	8:25:12	8:26:20	8:27:29	8:28:38	8:29:46	8:30:55	8:32:04
3	8:20:37	8:22:20	8:24:03	8:25:46	8:27:29	8:29:12	8:30:55	8:32:38	8:34:21	8:36:04	8:37:47	8:39:30	8:41:14	8:42:57	8:44:40	8:46:23	8:48:06
4	8:27:29	8:29:46	8:32:04	8:34:21	8:36:39	8:38:56	8:41:13	8:43:31	8:45:48	8:48:06	8:50:23	8:52:41	8:54:58	8:57:16	8:59:33	9:01:50	9:04:08
5	8:34:21	8:37:13	8:40:05	8:42:56	8:45:48	8:48:40	8:51:32	8:54:24	8:57:15	9:00:07	9:02:59	9:05:51	9:08:43	9:11:34	9:14:26	9:17:18	9:20:10
6	8:41:13	8:44:39	8:48:06	8:51:32	8:54:58	8:58:24	9:01:50	9:05:16	9:08:42	9:12:09	9:15:35	9:19:01	9:22:27	9:25:53	9:29:19	9:32:46	9:36:12
7	8:48:05	8:52:06	8:56:06	9:00:07	9:04:07	9:08:08	9:12:09	9:16:09	9:20:10	9:24:10	9:28:11	9:32:11	9:36:12	9:40:12	9:44:13	9:48:13	9:52:14
8	8:54:58	8:59:32	9:04:07	9:08:42	9:13:17	9:17:52	9:22:27	9:27:02	9:31:37	9:36:12	9:40:46	9:45:21	9:49:56	9:54:31	9:59:06	10:03:41	10:08:16
9	9:01:50	9:06:59	9:12:08	9:17:18	9:22:27	9:27:36	9:32:45	9:37:54	9:43:04	9:48:13	9:53:22	9:58:31	10:03:41	10:08:50	10:13:59	10:19:08	10:24:18
10	9:08:42	9:14:26	9:20:09	9:25:53	9:31:36	9:37:20	9:43:04	9:48:47	9:54:31	10:00:14	10:05:58	10:11:42	10:17:25	10:23:09	10:28:52	10:34:36	10:40:20
11	9:15:34	9:21:52	9:28:10	9:34:28	9:40:46	9:47:04	9:53:22	9:59:40	10:05:58	10:12:16	10:18:34	10:24:52	10:31:10	10:37:28	10:43:46	10:50:04	10:56:22
12	9:22:26	9:29:19	9:36:11	9:43:03	9:49:56	9:56:48	10:03:40	10:10:33	10:17:25	10:24:17	10:31:10	10:38:02	10:44:54	10:51:47	10:58:39	11:05:31	11:12:24
13	9:29:19	9:36:45	9:44:12	9:51:39	9:59:05	10:06:32	10:13:59	10:21:25	10:28:52	10:36:19	10:43:45	10:51:12	10:58:39	11:06:05	11:13:32	11:20:59	11:28:25
14	9:36:11	9:44:12	9:52:13	10:00:14	10:08:15	10:16:16	10:24:17	10:32:18	10:40:19	10:48:20	10:56:21	11:04:22	11:12:23	11:20:24	11:28:25	11:36:26	11:44:27
15	9:43:03	9:51:38	10:00:14	10:08:49	10:17:25	10:26:00	10:34:35	10:43:11	10:51:46	11:00:22	11:08:57	11:17:32	11:26:08	11:34:43	11:43:19	11:51:54	12:00:29
16	9:49:55	9:59:05	10:08:15	10:17:24	10:26:34	10:35:44	10:44:54	10:54:04	11:03:13	11:12:23	11:21:33	11:30:43	11:39:52	11:49:02	11:58:12	12:07:22	12:16:31
17	9:56:47	10:06:32	10:16:16	10:26:00	10:35:44	10:45:28	10:55:12	11:04:56	11:14:40	11:24:24	11:34:09	11:43:53	11:53:37	12:03:21	12:13:05	12:22:49	12:32:33
18	10:03:40	10:13:58	10:24:17	10:34:35	10:44:54	10:55:12	11:05:30	11:15:49	11:26:07	11:36:26	11:46:44	11:57:03	12:07:21	12:17:40	12:27:58	12:38:17	12:48:35
19	10:10:32	10:21:25	10:32:17	10:43:10	10:54:03	11:04:56	11:15:49	11:26:42	11:37:35	11:48:27	11:59:20	12:10:13	12:21:06	12:31:59	12:42:52	12:53:44	1:04:37 PM
20	10:17:24	10:28:51	10:40:18	10:51:46	11:03:13	11:14:40	11:26:07	11:37:34	11:49:02	12:00:29	12:11:56	12:23:23	12:34:50	12:46:18	12:57:45	1:09:12 PM	1:20:39 PM
21	10:24:16	10:36:18	10:48:19	11:00:21	11:12:22	11:24:24	11:36:26	11:48:27	12:00:29	12:12:30	12:24:32	12:36:33	12:48:35	1:00:36 PM	1:12:38 PM	1:24:40 PM	1:36:41 PM
22	10:31:08	10:43:44	10:56:20	11:08:56	11:21:32	11:34:08	11:46:44	11:59:20	12:11:56	12:24:32	12:37:08	12:49:44	1:02:19 PM	1:14:55 PM	1:27:31 PM	1:40:07 PM	1:52:43 PM
23	10:38:01	10:51:11	11:04:21	11:17:31	11:30:42	11:43:52	11:57:02	12:10:13	12:23:23	12:36:33	12:49:43	1:02:54 PM	1:16:04 PM	1:29:14 PM	1:42:25 PM	1:55:35 PM	2:08:45 PM
24	10:44:53	10:58:37	11:12:22	11:26:07	11:39:51	11:53:36	12:07:21	12:21:05	12:34:50	12:48:35	1:02:19 PM	1:16:04 PM	1:29:48 PM	1:43:33 PM	1:57:18 PM	2:11:02 PM	2:24:47 PM
25	10:51:45	11:06:04	11:20:23	11:34:42	11:49:01	12:03:20	12:17:39	12:31:58	12:46:17	1:00:36 PM	1:14:55 PM	1:29:14 PM	1:43:33 PM	1:57:52 PM	2:12:11 PM	2:26:30 PM	2:40:49 PM
26	10:58:37	11:13:31	11:28:24	11:43:17	11:58:11	12:13:04	12:27:57	12:42:51	12:57:44	1:12:37 PM	1:27:31 PM	1:42:24 PM	1:57:18 PM	2:12:11 PM	2:27:04 PM	2:41:58 PM	2:56:51 PM
26.2	11:00 AM	11:15 AM	11:30 AM	11:45 AM	12:00 PM	12:15 PM	12:30 PM	12:45 PM	1:00 PM	1:15 PM	1:30 PM	1:45 PM	2:00 PM	2:15 PM	2:30 PM	2:45 PM	3:00 PM



McDonald's[®]

HALF MARATHON

Pace Chart

Mile	Predicted Time									
	1:15	1:30	1:45	2 hours	2:15	2:30	2:45	3 hours	3:15	3:30
Start	7:30 AM	7:30 AM	7:30 AM	7:32 AM	7:40 AM	7:44 AM	7:46 AM	7:48 AM	7:48 AM	7:48 AM
1	7:35:43	7:36:52	7:38:01	7:41:09	7:50:18	7:55:27	7:58:35	8:01:44	8:02:52	8:04:01
2	7:41:27	7:43:44	7:46:02	7:50:18	8:00:36	8:06:53	8:11:10	8:15:28	8:17:45	8:20:02
3	7:47:10	7:50:36	7:54:03	7:59:28	8:10:54	8:18:20	8:23:46	8:29:12	8:32:37	8:36:03
4	7:52:53	7:57:28	8:02:04	8:08:37	8:21:12	8:29:46	8:36:21	8:42:55	8:47:30	8:52:05
5	7:58:36	8:04:20	8:10:05	8:17:46	8:31:29	8:41:13	8:48:56	8:56:39	9:02:22	9:08:06
6	8:04:20	8:11:12	8:18:06	8:26:55	8:41:47	8:52:39	9:01:31	9:10:23	9:17:15	9:24:07
7	8:10:03	8:18:04	8:26:07	8:36:05	8:52:05	9:04:06	9:14:06	9:24:07	9:32:07	9:40:08
8	8:15:46	8:24:56	8:34:08	8:45:14	9:02:23	9:15:32	9:26:41	9:37:51	9:47:00	9:56:09
9	8:21:29	8:31:48	8:42:09	8:54:23	9:12:41	9:26:59	9:39:17	9:51:35	10:01:52	10:12:10
10	8:27:13	8:38:40	8:50:10	9:03:32	9:22:59	9:38:25	9:51:52	10:05:18	10:16:45	10:28:11
11	8:32:56	8:45:32	8:58:11	9:12:41	9:33:17	9:49:52	10:04:27	10:19:02	10:31:37	10:44:13
12	8:38:39	8:52:24	9:06:12	9:21:51	9:43:35	10:01:18	10:17:02	10:32:46	10:46:30	11:00:14
13	8:44:22	8:59:16	9:14:13	9:31:00	9:53:52	10:12:45	10:29:37	10:46:30	11:01:22	11:16:15
13.1	8:45 AM	9:00 AM	9:15 AM	9:32 AM	9:55 AM	10:14 AM	10:31 AM	10:48 AM	11:03 AM	11:18 AM