



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



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