

MARATHON

PACE CHART

PACE PER MILE	FINISH TIME
7:30	3:16
8:00	3:29
8:30	3:42
9:00	3:55
9:30	4:09
10:00	4:22
10:30	4:35
11:00	4:48
11:30	5:01
12:00	5:14
12:30	5:27
13:00	5:40
13:30	5:53
14:00	6:07
14:30	6:20
15:00	6:33
15:30	6:46
16:00	6:59

Marathon Pacing Guide

JR Anderson



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