Pace band: 10K

Goal 45:00 for 6.2 mi · 7:15/mi average · even pace

10K 45:00 every mile	7:15/mi
Mile 1	**7:15**
Mile 2	**14:29**
Mile 3	**21:44**
Mile 4	**28:58**
Mile 5	**36:13**
Mile 6	**43:27**
Finish	**45:00**

10K 45:00 every 2 mi	7:15/mi
Mile 2	**14:29**
Mile 4	**28:58**
Mile 6	**43:27**
Finish	**45:00**

How to use

1. Cut the strips along the dotted lines. The every 2 mi strip reads at a glance on your wrist; keep the mile strip in a pocket or under your bib.

2. Protect it with wide clear tape, then fasten it to your wrist with a rubber band or under your watch strap.

3. Times are elapsed from when you cross the start line (chip time). In a race with wave starts, the official clock may show more.

4. Stick to your times early on, even if you feel good: time banked too soon is often paid back in the last quarter.

Free pace band, remake it for any goal time at tempocito.com/pace-band

File generated on 2026-11-09. Check the date, course and cutoffs on the organizer's website.