# Pace band: 10K

Goal 50:00 for 6.2 mi · 8:03/mi average · even pace

| 10K<br>50:00<br>every mile | 8:03/mi |
|---|---|
| Mile 1 | **8:03** |
| Mile 2 | **16:06** |
| Mile 3 | **24:08** |
| Mile 4 | **32:11** |
| **Mile 5** | **40:14** |
| Mile 6 | **48:17** |
| **Finish** | **50:00** |

| 10K<br>50:00<br>every 2 mi | 8:03/mi |
|---|---|
| Mile 2 | **16:06** |
| Mile 4 | **32:11** |
| Mile 6 | **48:17** |
| **Finish** | **50:00** |

## 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.