Pace band: Berlin Marathon

Goal 3:15:00 for 26.2 mi · 7:26/mi average · even pace

Berlin Marathon 3:15:00 every mile	7:26/mi
Mile 1	**7:26**
Mile 2	**14:52**
Mile 3	**22:19**
Mile 4	**29:45**
Mile 5	**37:11**
Mile 6	**44:37**
Mile 7	**52:04**
Mile 8	**59:30**
Mile 9	**1:06:56**
Mile 10	**1:14:22**
Mile 11	**1:21:49**
Mile 12	**1:29:15**
Mile 13	**1:36:41**
Mile 14	**1:44:07**
Mile 15	**1:51:34**
Mile 16	**1:59:00**
Mile 17	**2:06:26**
Mile 18	**2:13:52**
Mile 19	**2:21:19**
Mile 20	**2:28:45**
Mile 21	**2:36:11**
Mile 22	**2:43:37**
Mile 23	**2:51:04**
Mile 24	**2:58:30**
Mile 25	**3:05:56**
Mile 26	**3:13:22**
Finish	**3:15:00**

Berlin Marathon 3:15:00 every 5 mi	7:26/mi
Mile 5	**37:11**
Mile 10	**1:14:22**
Half	**1:37:30**
Mile 15	**1:51:34**
Mile 20	**2:28:45**
Mile 25	**3:05:56**
Finish	**3:15:00**

How to use

1. Cut the strips along the dotted lines. The every 5 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.

The race

2027 edition: Sunday, September 26, 2027

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.