Pace band: Half marathon

Goal 1:20:00 for 13.1 mi · 6:06/mi average · even pace

Half marathon 1:20:00 every mile	6:06/mi
Mile 1	**6:06**
Mile 2	**12:12**
Mile 3	**18:18**
Mile 4	**24:25**
Mile 5	**30:31**
Mile 6	**36:37**
Mile 7	**42:43**
Mile 8	**48:49**
Mile 9	**54:55**
Mile 10	**1:01:02**
Mile 11	**1:07:08**
Mile 12	**1:13:14**
Mile 13	**1:19:20**
Finish	**1:20:00**

Half marathon 1:20:00 every 2 mi	6:06/mi
Mile 2	**12:12**
Mile 4	**24:25**
Mile 6	**36:37**
Mile 8	**48:49**
Mile 10	**1:01:02**
Mile 12	**1:13:14**
Finish	**1:20:00**

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.