Pace band: Half marathon

Goal 1:40:00 for 13.1 mi · 7:38/mi average · even pace

Half marathon 1:40:00 every mile	7:38/mi
Mile 1	**7:38**
Mile 2	**15:15**
Mile 3	**22:53**
Mile 4	**30:31**
Mile 5	**38:08**
Mile 6	**45:46**
Mile 7	**53:24**
Mile 8	**1:01:02**
Mile 9	**1:08:39**
Mile 10	**1:16:17**
Mile 11	**1:23:55**
Mile 12	**1:31:32**
Mile 13	**1:39:10**
Finish	**1:40:00**

Half marathon 1:40:00 every 2 mi	7:38/mi
Mile 2	**15:15**
Mile 4	**30:31**
Mile 6	**45:46**
Mile 8	**1:01:02**
Mile 10	**1:16:17**
Mile 12	**1:31:32**
Finish	**1:40:00**

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.