Pace band: Half marathon

Goal 2:10:00 for 13.1 mi · 9:55/mi average · even pace

Half marathon 2:10:00 every mile	9:55/mi
Mile 1	**9:55**
Mile 2	**19:50**
Mile 3	**29:45**
Mile 4	**39:40**
Mile 5	**49:35**
Mile 6	**59:30**
Mile 7	**1:09:25**
Mile 8	**1:19:20**
Mile 9	**1:29:15**
Mile 10	**1:39:10**
Mile 11	**1:49:05**
Mile 12	**1:59:00**
Mile 13	**2:08:55**
Finish	**2:10:00**

Half marathon 2:10:00 every 2 mi	9:55/mi
Mile 2	**19:50**
Mile 4	**39:40**
Mile 6	**59:30**
Mile 8	**1:19:20**
Mile 10	**1:39:10**
Mile 12	**1:59:00**
Finish	**2:10:00**

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.