# Pace band: London Marathon

Goal 4:00:00 for 26.2 mi · 9:09/mi average · even pace

| London Marathon<br>**4:00:00**<br>every mile | 9:09/mi |
|---|---|
| Mile 1 | **9:09** |
| Mile 2 | **18:18** |
| Mile 3 | **27:28** |
| Mile 4 | **36:37** |
| **Mile 5** | **45:46** |
| Mile 6 | **54:55** |
| Mile 7 | **1:04:05** |
| Mile 8 | **1:13:14** |
| Mile 9 | **1:22:23** |
| **Mile 10** | **1:31:32** |
| Mile 11 | **1:40:41** |
| Mile 12 | **1:49:51** |
| Mile 13 | **1:59:00** |
| Mile 14 | **2:08:09** |
| **Mile 15** | **2:17:18** |
| Mile 16 | **2:26:28** |
| Mile 17 | **2:35:37** |
| Mile 18 | **2:44:46** |
| Mile 19 | **2:53:55** |
| **Mile 20** | **3:03:05** |
| Mile 21 | **3:12:14** |
| Mile 22 | **3:21:23** |
| Mile 23 | **3:30:32** |
| Mile 24 | **3:39:41** |
| **Mile 25** | **3:48:51** |
| Mile 26 | **3:58:00** |
| **Finish** | **4:00:00** |

| London Marathon<br>**4:00:00**<br>every 5 mi | 9:09/mi |
|---|---|
| **Mile 5** | **45:46** |
| **Mile 10** | **1:31:32** |
| **Half** | **2:00:00** |
| **Mile 15** | **2:17:18** |
| **Mile 20** | **3:03:05** |
| **Mile 25** | **3:48:51** |
| **Finish** | **4:00:00** |

## 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: Saturday, April 24 – Sunday, April 25, 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.