Pace band: London Marathon

Goal 5:30:00 for 26.2 mi · 12:35/mi average · even pace

London Marathon 5:30:00 every mile	12:35/mi
Mile 1	**12:35**
Mile 2	**25:10**
Mile 3	**37:46**
Mile 4	**50:21**
Mile 5	**1:02:56**
Mile 6	**1:15:31**
Mile 7	**1:28:06**
Mile 8	**1:40:41**
Mile 9	**1:53:17**
Mile 10	**2:05:52**
Mile 11	**2:18:27**
Mile 12	**2:31:02**
Mile 13	**2:43:37**
Mile 14	**2:56:13**
Mile 15	**3:08:48**
Mile 16	**3:21:23**
Mile 17	**3:33:58**
Mile 18	**3:46:33**
Mile 19	**3:59:09**
Mile 20	**4:11:44**
Mile 21	**4:24:19**
Mile 22	**4:36:54**
Mile 23	**4:49:29**
Mile 24	**5:02:04**
Mile 25	**5:14:40**
Mile 26	**5:27:15**
Finish	**5:30:00**

London Marathon 5:30:00 every 5 mi	12:35/mi
Mile 5	**1:02:56**
Mile 10	**2:05:52**
Half	**2:45:00**
Mile 15	**3:08:48**
Mile 20	**4:11:44**
Mile 25	**5:14:40**
Finish	**5:30:00**

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.