Pace band: Marathon

Goal 2:45:00 for 26.2 mi · 6:18/mi average · even pace

Marathon 2:45:00 every mile	6:18/mi
Mile 1	**6:18**
Mile 2	**12:35**
Mile 3	**18:53**
Mile 4	**25:10**
Mile 5	**31:28**
Mile 6	**37:46**
Mile 7	**44:03**
Mile 8	**50:21**
Mile 9	**56:38**
Mile 10	**1:02:56**
Mile 11	**1:09:14**
Mile 12	**1:15:31**
Mile 13	**1:21:49**
Mile 14	**1:28:06**
Mile 15	**1:34:24**
Mile 16	**1:40:41**
Mile 17	**1:46:59**
Mile 18	**1:53:17**
Mile 19	**1:59:34**
Mile 20	**2:05:52**
Mile 21	**2:12:09**
Mile 22	**2:18:27**
Mile 23	**2:24:45**
Mile 24	**2:31:02**
Mile 25	**2:37:20**
Mile 26	**2:43:37**
Finish	**2:45:00**

Marathon 2:45:00 every 5 mi	6:18/mi
Mile 5	**31:28**
Mile 10	**1:02:56**
Half	**1:22:30**
Mile 15	**1:34:24**
Mile 20	**2:05:52**
Mile 25	**2:37:20**
Finish	**2:45:00**

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.

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.