Pace band: Marathon

Goal 3:00:00 for 26.2 mi · 6:52/mi average · even pace

Marathon 3:00:00 every mile	6:52/mi
Mile 1	**6:52**
Mile 2	**13:44**
Mile 3	**20:36**
Mile 4	**27:28**
Mile 5	**34:20**
Mile 6	**41:12**
Mile 7	**48:03**
Mile 8	**54:55**
Mile 9	**1:01:47**
Mile 10	**1:08:39**
Mile 11	**1:15:31**
Mile 12	**1:22:23**
Mile 13	**1:29:15**
Mile 14	**1:36:07**
Mile 15	**1:42:59**
Mile 16	**1:49:51**
Mile 17	**1:56:43**
Mile 18	**2:03:35**
Mile 19	**2:10:26**
Mile 20	**2:17:18**
Mile 21	**2:24:10**
Mile 22	**2:31:02**
Mile 23	**2:37:54**
Mile 24	**2:44:46**
Mile 25	**2:51:38**
Mile 26	**2:58:30**
Finish	**3:00:00**

Marathon 3:00:00 every 5 mi	6:52/mi
Mile 5	**34:20**
Mile 10	**1:08:39**
Half	**1:30:00**
Mile 15	**1:42:59**
Mile 20	**2:17:18**
Mile 25	**2:51:38**
Finish	**3:00:00**

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.

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.