# Pace band: Marathon

Goal 3:15:00 for 26.2 mi · 7:26/mi average · even pace

| Marathon 3:15:00 every mile | 7:26/mi |
|---|---|
| Mile 1 | **7:26** |
| Mile 2 | **14:52** |
| Mile 3 | **22:19** |
| Mile 4 | **29:45** |
| **Mile 5** | **37:11** |
| Mile 6 | **44:37** |
| Mile 7 | **52:04** |
| Mile 8 | **59:30** |
| Mile 9 | **1:06:56** |
| **Mile 10** | **1:14:22** |
| Mile 11 | **1:21:49** |
| Mile 12 | **1:29:15** |
| Mile 13 | **1:36:41** |
| Mile 14 | **1:44:07** |
| **Mile 15** | **1:51:34** |
| Mile 16 | **1:59:00** |
| Mile 17 | **2:06:26** |
| Mile 18 | **2:13:52** |
| Mile 19 | **2:21:19** |
| **Mile 20** | **2:28:45** |
| Mile 21 | **2:36:11** |
| Mile 22 | **2:43:37** |
| Mile 23 | **2:51:04** |
| Mile 24 | **2:58:30** |
| **Mile 25** | **3:05:56** |
| Mile 26 | **3:13:22** |
| **Finish** | **3:15:00** |

| Marathon 3:15:00 every 5 mi | 7:26/mi |
|---|---|
| **Mile 5** | **37:11** |
| **Mile 10** | **1:14:22** |
| **Half** | **1:37:30** |
| **Mile 15** | **1:51:34** |
| **Mile 20** | **2:28:45** |
| **Mile 25** | **3:05:56** |
| **Finish** | **3:15:00** |

## 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.