Pace band: Marathon

Goal 3:30:00 for 26.2 mi · 8:01/mi average · even pace

Marathon 3:30:00 every mile	8:01/mi
Mile 1	**8:01**
Mile 2	**16:01**
Mile 3	**24:02**
Mile 4	**32:02**
Mile 5	**40:03**
Mile 6	**48:03**
Mile 7	**56:04**
Mile 8	**1:04:05**
Mile 9	**1:12:05**
Mile 10	**1:20:06**
Mile 11	**1:28:06**
Mile 12	**1:36:07**
Mile 13	**1:44:07**
Mile 14	**1:52:08**
Mile 15	**2:00:09**
Mile 16	**2:08:09**
Mile 17	**2:16:10**
Mile 18	**2:24:10**
Mile 19	**2:32:11**
Mile 20	**2:40:11**
Mile 21	**2:48:12**
Mile 22	**2:56:13**
Mile 23	**3:04:13**
Mile 24	**3:12:14**
Mile 25	**3:20:14**
Mile 26	**3:28:15**
Finish	**3:30:00**

Marathon 3:30:00 every 5 mi	8:01/mi
Mile 5	**40:03**
Mile 10	**1:20:06**
Half	**1:45:00**
Mile 15	**2:00:09**
Mile 20	**2:40:11**
Mile 25	**3:20:14**
Finish	**3:30:00**

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.

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.