Pace band: Marathon

Goal 3:45:00 for 26.2 mi · 8:35/mi average · even pace

Marathon 3:45:00 every mile	8:35/mi
Mile 1	**8:35**
Mile 2	**17:10**
Mile 3	**25:45**
Mile 4	**34:20**
Mile 5	**42:54**
Mile 6	**51:29**
Mile 7	**1:00:04**
Mile 8	**1:08:39**
Mile 9	**1:17:14**
Mile 10	**1:25:49**
Mile 11	**1:34:24**
Mile 12	**1:42:59**
Mile 13	**1:51:34**
Mile 14	**2:00:09**
Mile 15	**2:08:43**
Mile 16	**2:17:18**
Mile 17	**2:25:53**
Mile 18	**2:34:28**
Mile 19	**2:43:03**
Mile 20	**2:51:38**
Mile 21	**3:00:13**
Mile 22	**3:08:48**
Mile 23	**3:17:23**
Mile 24	**3:25:58**
Mile 25	**3:34:32**
Mile 26	**3:43:07**
Finish	**3:45:00**

Marathon 3:45:00 every 5 mi	8:35/mi
Mile 5	**42:54**
Mile 10	**1:25:49**
Half	**1:52:30**
Mile 15	**2:08:43**
Mile 20	**2:51:38**
Mile 25	**3:34:32**
Finish	**3:45:00**

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.