Pace band: Marathon

Goal 4:00:00 for 26.2 mi · 9:09/mi average · even pace

Marathon 4:00:00 every mile	9:09/mi
Mile 1	**9:09**
Mile 2	**18:18**
Mile 3	**27:28**
Mile 4	**36:37**
Mile 5	**45:46**
Mile 6	**54:55**
Mile 7	**1:04:05**
Mile 8	**1:13:14**
Mile 9	**1:22:23**
Mile 10	**1:31:32**
Mile 11	**1:40:41**
Mile 12	**1:49:51**
Mile 13	**1:59:00**
Mile 14	**2:08:09**
Mile 15	**2:17:18**
Mile 16	**2:26:28**
Mile 17	**2:35:37**
Mile 18	**2:44:46**
Mile 19	**2:53:55**
Mile 20	**3:03:05**
Mile 21	**3:12:14**
Mile 22	**3:21:23**
Mile 23	**3:30:32**
Mile 24	**3:39:41**
Mile 25	**3:48:51**
Mile 26	**3:58:00**
Finish	**4:00:00**

Marathon 4:00:00 every 5 mi	9:09/mi
Mile 5	**45:46**
Mile 10	**1:31:32**
Half	**2:00:00**
Mile 15	**2:17:18**
Mile 20	**3:03:05**
Mile 25	**3:48:51**
Finish	**4:00:00**

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.