Pace band: Marathon

Goal 4:15:00 for 26.2 mi · 9:44/mi average · even pace

Marathon 4:15:00 every mile	9:44/mi
Mile 1	**9:44**
Mile 2	**19:27**
Mile 3	**29:11**
Mile 4	**38:54**
Mile 5	**48:38**
Mile 6	**58:21**
Mile 7	**1:08:05**
Mile 8	**1:17:48**
Mile 9	**1:27:32**
Mile 10	**1:37:16**
Mile 11	**1:46:59**
Mile 12	**1:56:43**
Mile 13	**2:06:26**
Mile 14	**2:16:10**
Mile 15	**2:25:53**
Mile 16	**2:35:37**
Mile 17	**2:45:20**
Mile 18	**2:55:04**
Mile 19	**3:04:47**
Mile 20	**3:14:31**
Mile 21	**3:24:15**
Mile 22	**3:33:58**
Mile 23	**3:43:42**
Mile 24	**3:53:25**
Mile 25	**4:03:09**
Mile 26	**4:12:52**
Finish	**4:15:00**

Marathon 4:15:00 every 5 mi	9:44/mi
Mile 5	**48:38**
Mile 10	**1:37:16**
Half	**2:07:30**
Mile 15	**2:25:53**
Mile 20	**3:14:31**
Mile 25	**4:03:09**
Finish	**4:15:00**

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.