Pace band: Marathon

Goal 4:30:00 for 26.2 mi · 10:18/mi average · even pace

Marathon 4:30:00 every mile	10:18/mi
Mile 1	**10:18**
Mile 2	**20:36**
Mile 3	**30:54**
Mile 4	**41:12**
Mile 5	**51:29**
Mile 6	**1:01:47**
Mile 7	**1:12:05**
Mile 8	**1:22:23**
Mile 9	**1:32:41**
Mile 10	**1:42:59**
Mile 11	**1:53:17**
Mile 12	**2:03:35**
Mile 13	**2:13:52**
Mile 14	**2:24:10**
Mile 15	**2:34:28**
Mile 16	**2:44:46**
Mile 17	**2:55:04**
Mile 18	**3:05:22**
Mile 19	**3:15:40**
Mile 20	**3:25:58**
Mile 21	**3:36:15**
Mile 22	**3:46:33**
Mile 23	**3:56:51**
Mile 24	**4:07:09**
Mile 25	**4:17:27**
Mile 26	**4:27:45**
Finish	**4:30:00**

Marathon 4:30:00 every 5 mi	10:18/mi
Mile 5	**51:29**
Mile 10	**1:42:59**
Half	**2:15:00**
Mile 15	**2:34:28**
Mile 20	**3:25:58**
Mile 25	**4:17:27**
Finish	**4:30:00**

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.