Pace band: Marathon

Goal 5:00:00 for 26.2 mi · 11:27/mi average · even pace

Marathon 5:00:00 every mile	11:27/mi
Mile 1	**11:27**
Mile 2	**22:53**
Mile 3	**34:20**
Mile 4	**45:46**
Mile 5	**57:13**
Mile 6	**1:08:39**
Mile 7	**1:20:06**
Mile 8	**1:31:32**
Mile 9	**1:42:59**
Mile 10	**1:54:25**
Mile 11	**2:05:52**
Mile 12	**2:17:18**
Mile 13	**2:28:45**
Mile 14	**2:40:11**
Mile 15	**2:51:38**
Mile 16	**3:03:05**
Mile 17	**3:14:31**
Mile 18	**3:25:58**
Mile 19	**3:37:24**
Mile 20	**3:48:51**
Mile 21	**4:00:17**
Mile 22	**4:11:44**
Mile 23	**4:23:10**
Mile 24	**4:34:37**
Mile 25	**4:46:03**
Mile 26	**4:57:30**
Finish	**5:00:00**

Marathon 5:00:00 every 5 mi	11:27/mi
Mile 5	**57:13**
Mile 10	**1:54:25**
Half	**2:30:00**
Mile 15	**2:51:38**
Mile 20	**3:48:51**
Mile 25	**4:46:03**
Finish	**5:00:00**

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.