Pace band: Paris Marathon

Goal 6:00:00 for 26.2 mi · 13:44/mi average · even pace

Paris Marathon 6:00:00 every mile	13:44/mi
Mile 1	**13:44**
Mile 2	**27:28**
Mile 3	**41:12**
Mile 4	**54:55**
Mile 5	**1:08:39**
Mile 6	**1:22:23**
Mile 7	**1:36:07**
Mile 8	**1:49:51**
Mile 9	**2:03:35**
Mile 10	**2:17:18**
Mile 11	**2:31:02**
Mile 12	**2:44:46**
Mile 13	**2:58:30**
Mile 14	**3:12:14**
Mile 15	**3:25:58**
Mile 16	**3:39:41**
Mile 17	**3:53:25**
Mile 18	**4:07:09**
Mile 19	**4:20:53**
Mile 20	**4:34:37**
Mile 21	**4:48:21**
Mile 22	**5:02:04**
Mile 23	**5:15:48**
Mile 24	**5:29:32**
Mile 25	**5:43:16**
Mile 26	**5:57:00**
Finish	**6:00:00**

Paris Marathon 6:00:00 every 5 mi	13:44/mi
Mile 5	**1:08:39**
Mile 10	**2:17:18**
Half	**3:00:00**
Mile 15	**3:25:58**
Mile 20	**4:34:37**
Mile 25	**5:43:16**
Finish	**6:00:00**

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.

The race

50th edition: Sunday, April 4, 2027

Start: Champs-Élysées

Finish: avenue Foch

Time limit: 7:00:00

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.