Pace band: Paris Marathon

Goal 6:30:00 for 26.2 mi · 14:52/mi average · even pace

Paris Marathon 6:30:00 every mile	14:52/mi
Mile 1	**14:52**
Mile 2	**29:45**
Mile 3	**44:37**
Mile 4	**59:30**
Mile 5	**1:14:22**
Mile 6	**1:29:15**
Mile 7	**1:44:07**
Mile 8	**1:59:00**
Mile 9	**2:13:52**
Mile 10	**2:28:45**
Mile 11	**2:43:37**
Mile 12	**2:58:30**
Mile 13	**3:13:22**
Mile 14	**3:28:15**
Mile 15	**3:43:07**
Mile 16	**3:58:00**
Mile 17	**4:12:52**
Mile 18	**4:27:45**
Mile 19	**4:42:37**
Mile 20	**4:57:30**
Mile 21	**5:12:22**
Mile 22	**5:27:15**
Mile 23	**5:42:07**
Mile 24	**5:57:00**
Mile 25	**6:11:52**
Mile 26	**6:26:45**
Finish	**6:30:00**

Paris Marathon 6:30:00 every 5 mi	14:52/mi
Mile 5	**1:14:22**
Mile 10	**2:28:45**
Half	**3:15:00**
Mile 15	**3:43:07**
Mile 20	**4:57:30**
Mile 25	**6:11:52**
Finish	**6:30:00**

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.

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.