

RACE PACE

MARATHON

3:00	6:52
3:05	7:03
3:10	7:15
3:15	7:26
3:20	7:38
3:25	7:49
3:30	8:00
3:35	8:12
3:40	8:23
3:45	8:36
3:50	8:46
3:55	8:58
4:00	9:09
4:05	9:21
4:10	9:32
4:15	9:43
4:20	9:55
4:25	10:06
4:30	10:18
4:35	10:29
4:40	10:41
4:45	10:52
4:50	11:04
4:55	11:15
5:00	11:27 501 GOAL FINISH
5:05	11:38
5:10	11:49
5:15	12:01
5:20	12:12
5:25	12:24
5:30	12:35
5:35	12:47
5:40	12:58
5:45	13:10
5:50	13:21
5:55	13:32
6:00	13:44

HALF MARATHON

1:15	5:43
1:20	6:06
1:25	6:29
1:30	6:52
1:35	7:15
1:40	7:38
1:45	8:00
1:50	8:23
1:55	8:46
2:00	9:09
2:05	9:32
2:10	9:55
2:15	10:18
2:20	10:41
2:25	11:04 501 GOAL FINISH
2:30	11:27
2:35	11:49
2:40	12:12
2:45	12:35
2:50	12:58 DX AA CUT OFF PACE
2:55	13:21
3:00	13:44

