

Sub 4 Hour Marathon

Pace Chart (Kilometers)

Kilometer	5:41 per kilometer pace	Quick-start Pacing	Quick-start Per KM Pace	Kilometer	5:41 per kilometer pace	Quick-start Pacing	Quick-start Per KM Pace
1	5:41	5:35	5:35	23	2:10:43	2:08:45	5:45
2	11:22	11:10	5:35	24	2:16:24	2:14:30	5:45
3	17:03	16:45	5:35	25	2:22:05	2:20:15	5:45
4	22:44	22:20	5:35	26	2:27:46	2:26:00	5:45
5	28:25	27:55	5:35	27	2:33:27	2:31:45	5:45
6	34:06	33:30	5:35	28	2:39:08	2:37:30	5:45
7	39:47	39:05	5:35	29	2:44:49	2:43:15	5:45
8	45:28	44:40	5:35	30	2:50:30	2:49:00	5:45
9	51:09	50:15	5:35	31	2:56:11	2:54:45	5:45
10	56:50	55:50	5:35	32	3:01:52	3:00:30	5:45
11	1:02:31	1:01:25	5:35	33	3:07:33	3:06:25	5:55
12	1:08:12	1:07:00	5:35	34	3:13:14	3:12:20	5:55
13	1:13:53	1:12:35	5:35	35	3:18:55	3:18:15	5:55
14	1:19:34	1:18:10	5:35	36	3:24:36	3:24:10	5:55
15	1:25:15	1:23:45	5:35	37	3:30:17	3:30:05	5:55
16	1:30:56	1:29:20	5:35	38	3:35:58	3:36:00	5:55
17	1:36:37	1:34:55	5:35	39	3:41:39	3:41:45	5:45
18	1:42:18	1:40:30	5:35	40	3:47:20	3:47:30	5:45
19	1:47:59	1:46:05	5:35	41	3:53:01	3:53:15	5:35
20	1:53:40	1:51:40	5:35	42	3:58:42	3:58:50	5:35
21	1:59:21	1:57:15	5:35	Marathon final time:	3:59:48	3:59:57	3:59:57
22	2:05:02	2:03:00	5:45				