

Sub 4 Hour Marathon

Pace Chart (Miles)

Mile	Quick-start Pacing	9:09 per mile pace	Quick-Start Per Mile Pace	Mile	Quick-start Pacing	9:09 per mile pace	Quick-Start Per Mile Pace
1	9:09	9:00	9:00	15	2:17:16	2:15:45	9:15
2	18:18	18:00	9:00	16	2:26:25	2:25:00	9:15
3	27:27	27:00	9:00	17	2:35:34	2:34:15	9:15
4	36:36	36:00	9:00	18	2:44:43	2:43:30	9:15
5	45:45	45:00	9:00	19	2:53:52	2:52:45	9:15
6	54:54	54:00	9:00	20	3:03:01	3:02:00	9:30
7	1:04:03	1:03	9:00	21	3:12:10	3:11:30	9:30
8	1:13:12	1:12	9:00	22	3:21:19	3:21:00	9:30
9	1:22:21	1:21	9:00	23	3:30:28	3:30:30	9:30
10	1:31:30	1:30	9:00	24	3:39:37	3:40:00	9:15
11	1:40:39	1:39	9:00	25	3:48:46	3:49:15	8:45
12	1:49:48	1:48	9:00	26	3:57:55	3:58:00	8:45
13	1:58:57	1:57:15	9:15	<i>Marathon final time:</i>	3:59:54	3:59:59	3:59:56
14	2:08:07	2:06:30	9:15				