

Virgin London Marathon 2013 Pace Chart



Mile	Elite Women	Wheel chair Men	Wheel chair Women	IPC Race	Elite Men/ Mass	3:30 Pace	4:30 Pace	5:00 Pace	6:00 Pace
Start	09:00	09:20	09:20	09:23	10:00	10:00	10:00	10:00	10:00
1	09:05	09:23	09:24	09:28	10:04	10:08	10:10	10:11	10:13
2	09:10	09:27	09:28	09:33	10:09	10:16	10:20	10:22	10:27
3	09:15	09:31	09:32	09:39	10:14	10:24	10:30	10:34	10:41
4	09:21	09:34	09:36	09:44	10:19	10:32	10:41	10:45	10:55
5	09:26	09:38	09:41	09:50	10:23	10:40	10:51	10:57	11:08
6	09:31	09:42	09:45	09:55	10:28	10:48	11:01	11:08	11:22
7	09:36	09:45	09:49	10:01	10:33	10:56	11:12	11:20	11:36
8	09:42	09:49	09:53	10:06	10:38	11:04	11:22	11:31	11:50
9	09:47	09:53	09:57	10:12	10:42	11:12	11:32	11:43	12:03
10	09:52	09:56	10:02	10:17	10:47	11:20	11:43	11:54	12:17
11	09:57	10:00	10:06	10:23	10:52	11:28	11:53	12:05	12:31
12	10:03	10:04	10:10	10:28	10:57	11:36	12:03	12:17	12:45
13	10:08	10:07	10:14	10:34	11:01	11:44	12:13	12:28	12:58
14	10:13	10:11	10:18	10:39	11:06	11:52	12:24	12:40	13:12
15	10:19	10:15	10:23	10:45	11:11	12:00	12:34	12:51	13:26
16	10:24	10:18	10:27	10:50	11:16	12:08	12:44	13:03	13:40
17	10:29	10:22	10:31	10:56	11:21	12:16	12:55	13:14	13:53
18	10:34	10:26	10:35	11:01	11:25	12:24	13:05	13:26	14:07
19	10:40	10:29	10:39	11:07	11:30	12:32	13:15	13:37	14:21
20	10:45	10:33	10:44	11:12	11:35	12:40	13:26	13:49	14:35
21	10:50	10:37	10:48	11:18	11:40	12:48	13:36	14:00	14:48
22	10:55	10:40	10:52	11:23	11:44	12:56	13:46	14:11	15:02
23	11:01	10:44	10:56	11:29	11:49	13:04	13:56	14:23	15:16
24	11:06	10:48	11:00	11:34	11:54	13:12	14:07	14:34	15:30
25	11:11	10:51	11:05	11:40	11:59	13:20	14:17	14:46	15:43
26	11:16	10:55	11:09	11:45	12:03	13:28	14:27	14:57	15:57
Finish	11:18	10:56	11:10	11:46	12:05	13:30	14:30	15:00	16:00