

Twin Cities Marathon **3:30 Marathon Pace Chart**

Mile	Target Mile	Pace Variation	Target Average	Target Total	Target Avg Total	Variance	
1	0:08:20	4.00%	0:08:01	0:08:20	0:08:01	0:00:19	Deficit
2	0:08:20	4.00%	0:08:01	0:16:40	0:16:02	0:00:38	Deficit
3	0:08:15	3.00%	0:08:01	0:24:56	0:24:03	0:00:53	Deficit
4	0:08:11	2.00%	0:08:01	0:33:06	0:32:04	0:01:03	Deficit
5	0:08:01	0.00%	0:08:01	0:41:07	0:40:05	0:01:03	Deficit
6	0:07:56	-1.00%	0:08:01	0:49:03	0:48:05	0:00:58	Deficit
7	0:07:51	-2.00%	0:08:01	0:56:55	0:56:06	0:00:48	Deficit
8	0:07:51	-2.00%	0:08:01	1:04:46	1:04:07	0:00:38	Deficit
9	0:07:46	-3.00%	0:08:01	1:12:32	1:12:08	0:00:24	Deficit
10	0:07:46	-3.00%	0:08:01	1:20:19	1:20:09	0:00:10	Deficit
11	0:07:46	-3.00%	0:08:01	1:28:05	1:28:10	0:00:05	Cushion
12	0:07:46	-3.00%	0:08:01	1:35:52	1:36:11	0:00:19	Cushion
13	0:07:46	-3.00%	0:08:01	1:43:38	1:44:12	0:00:34	Cushion
14	0:07:51	-2.00%	0:08:01	1:51:30	1:52:13	0:00:43	Cushion
15	0:07:51	-2.00%	0:08:01	1:59:21	2:00:14	0:00:53	Cushion
16	0:07:51	-2.00%	0:08:01	2:07:12	2:08:15	0:01:03	Cushion
17	0:07:51	-2.00%	0:08:01	2:15:03	2:16:16	0:01:12	Cushion
18	0:07:51	-2.00%	0:08:01	2:22:55	2:24:16	0:01:22	Cushion
19	0:07:51	-2.00%	0:08:01	2:30:46	2:32:17	0:01:31	Cushion
20	0:07:51	-2.00%	0:08:01	2:38:37	2:40:18	0:01:41	Cushion
21	0:07:56	-1.00%	0:08:01	2:46:33	2:48:19	0:01:46	Cushion
22	0:08:15	3.00%	0:08:01	2:54:49	2:56:20	0:01:31	Cushion
23	0:08:15	3.00%	0:08:01	3:03:04	3:04:21	0:01:17	Cushion
24	0:08:15	3.00%	0:08:01	3:11:19	3:12:22	0:01:03	Cushion
25	0:08:30	6.00%	0:08:01	3:19:49	3:20:23	0:00:34	Cushion
26	0:08:35	7.00%	0:08:01	3:28:24	3:28:24	0:00:00	On Pace
26.2	0:01:36	0.00%	0:01:36	3:30:00	3:30:00	0:00:00	On Pace
Total	3:30:00	0.00%	3:30:00				