

Greensboro Half Marathon Pace Chart

Mile	Predicted Finish Time									
	1:15	1:30	1:45	2 Hours	2:15	2:30	2:45	3 Hours	3:15	3:30
Start	8:45am	8:45am	8:45am	8:45am	8:45am	8:45am	8:45am	8:45am	8:45am	8:45am
1	8:50:44	8:51:52	8:53:01	8:54:10	8:55:19	8:56:27	8:57:36	8:58:44	8:59:53	9:01:02
2	8:56:28	8:58:44	9:01:02	9:03:20	9:05:38	9:07:54	9:10:11	9:12:29	9:14:46	9:17:04
3	9:02:12	9:05:36	9:09:03	9:12:30	9:15:57	9:19:21	9:22:47	9:26:13	9:29:39	9:33:06
4	9:07:56	9:12:28	9:17:04	9:21:40	9:26:16	9:30:48	9:35:23	9:39:58	9:44:33	9:49:08
5	9:13:40	9:19:20	9:25:05	9:30:50	9:36:35	9:42:15	9:47:59	9:53:42	9:59:26	10:05:11
6	9:19:24	9:26:12	9:33:06	9:40:00	9:46:54	9:53:42	10:00:34	10:07:27	10:14:19	10:21:13
7	9:25:08	9:33:04	9:41:07	9:49:10	9:57:13	10:05:09	10:13:10	10:21:11	10:29:12	10:37:15
8	9:30:52	9:39:58	9:49:08	9:58:20	10:07:32	10:16:36	10:25:46	10:34:55	10:44:05	10:53:16
9	9:36:36	9:46:50	9:57:09	10:07:30	10:17:51	10:28:03	10:38:22	10:48:40	10:58:58	11:09:18
10	9:42:20	9:53:42	10:05:10	10:16:40	10:28:10	10:39:30	10:50:58	11:02:24	11:13:51	11:25:20
11	9:48:04	10:00:34	10:13:11	10:25:50	10:38:39	10:50:57	11:03:34	11:16:09	11:28:44	11:41:22
12	9:53:48	10:07:26	10:21:12	10:35:00	10:48:58	11:02:24	11:16:10	11:29:53	11:43:38	11:57:24
13	9:59:32	10:14:18	10:29:13	10:44:10	10:59:17	11:13:51	11:29:46	11:43:38	11:58:31	12:13:26
13.1	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00pm	12:15pm