

Greensboro Marathon Pace Chart

Predicted Finish Time															
Mile	3 Hours	3:15	3:30	3:45	4 Hours	4:15	4:30	4:45	5 Hours	5:15	5:30	5:45	6 Hours	6:15	6:30
Start	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM
1	8:06:52	8:07:27	8:08:01	8:08:35	8:09:10	8:09:44	8:10:18	8:10:53	8:11:27	8:12:01	8:12:36	8:13:10	8:13:45	8:14:19	8:14:53
2	8:13:44	8:14:53	8:16:02	8:17:11	8:18:19	8:19:28	8:20:37	8:21:45	8:22:54	8:24:03	8:25:12	8:26:20	8:27:29	8:28:38	8:29:46
3	8:20:37	8:22:20	8:24:03	8:25:46	8:27:29	8:29:12	8:30:55	8:32:38	8:34:21	8:36:04	8:37:47	8:39:30	8:41:14	8:42:57	8:44:40
4	8:27:29	8:29:46	8:32:04	8:34:21	8:36:39	8:38:56	8:41:13	8:43:31	8:45:48	8:48:06	8:50:23	8:52:41	8:54:58	8:57:16	8:59:33
5	8:34:21	8:37:13	8:40:05	8:42:56	8:45:48	8:48:40	8:51:32	8:54:24	8:57:15	9:00:07	9:02:59	9:05:51	9:08:43	9:11:34	9:14:26
6	8:41:13	8:44:39	8:48:06	8:51:32	8:54:58	8:58:24	9:01:50	9:05:16	9:08:42	9:12:09	9:15:35	9:19:01	9:22:27	9:25:53	9:29:19
7	8:48:05	8:52:06	8:56:06	9:00:07	9:04:07	9:08:08	9:12:09	9:16:09	9:20:10	9:24:10	9:28:11	9:32:11	9:36:12	9:40:12	9:44:13
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12	9:22:26	9:29:19	9:36:11	9:43:03	9:49:56	9:56:48	10:03:40	10:10:33	10:17:25	10:24:17	10:31:10	10:38:02	10:44:54	10:51:47	10:58:39
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15	9:43:03	9:51:38	10:00:14	10:08:49	10:17:25	10:26:00	10:34:35	10:43:11	10:51:46	11:00:22	11:08:57	11:17:32	11:26:08	11:34:43	11:43:19
16	9:49:55	9:59:05	10:08:15	10:17:24	10:26:34	10:35:44	10:44:54	10:54:04	11:03:13	11:12:23	11:21:33	11:30:43	11:39:52	11:49:02	11:58:12
17	9:56:47	10:06:32	10:16:16	10:26:00	10:35:44	10:45:28	10:55:12	11:04:56	11:14:40	11:24:24	11:34:09	11:43:53	11:53:37	12:03:21	12:13:05
18	10:03:40	10:13:58	10:24:17	10:34:35	10:44:54	10:55:12	11:05:30	11:15:49	11:26:07	11:36:26	11:46:44	11:57:03	12:07:21	12:17:40	12:27:58
19	10:10:32	10:21:25	10:32:17	10:43:10	10:54:03	11:04:56	11:15:49	11:26:42	11:37:35	11:48:27	11:59:20	12:10:13	12:21:06	12:31:59	12:42:52
20	10:17:24	10:28:51	10:40:18	10:51:46	11:03:13	11:14:40	11:26:07	11:37:34	11:49:02	12:00:29	12:11:56	12:23:23	12:34:50	12:46:18	12:57:45
21	10:24:16	10:36:18	10:48:19	11:00:21	11:12:22	11:24:24	11:36:26	11:48:27	12:00:29	12:12:30	12:24:32	12:36:33	12:48:35	1:00:36	1:12:38
22	10:31:08	10:43:44	10:56:20	11:08:56	11:21:32	11:34:08	11:46:44	11:59:20	12:11:56	12:24:32	12:37:08	12:49:44	1:02:19	1:14:55	1:27:31
23	10:38:01	10:51:11	11:04:21	11:17:31	11:30:42	11:43:52	11:57:02	12:10:13	12:23:23	12:36:33	12:49:43	1:02:54	1:16:04	1:29:14	1:42:25
24	10:44:53	10:58:37	11:12:22	11:26:07	11:39:51	11:53:36	12:07:21	12:21:05	12:34:50	12:48:35	1:02:19	1:16:04	1:29:48	1:43:33	1:57:18
25	10:51:45	11:06:04	11:20:23	11:34:42	11:49:01	12:03:20	12:17:39	12:31:58	12:46:17	1:00:36	1:14:55	1:29:14	1:43:33	1:57:52	2:12:11
26	10:58:37	11:13:31	11:28:24	11:43:17	11:58:11	12:13:04	12:27:57	12:42:51	12:57:44	1:12:37	1:27:31	1:42:24	1:57:18	2:12:11	2:27:04
26.2	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	1:00	1:15	1:30	1:45	2:00	2:15	2:30