



BOSTON MARATHON PACE CHARTS

SUB 2:30:00

KMS	PACE	TIMING
1	03:18	0:03:18
2	03:30	0:06:48
3	03:28	0:10:16
4	03:29	0:13:45
5	03:22	0:17:07
6	03:24	0:20:31
7	03:33	0:24:04
8	03:37	0:27:41
9	03:30	0:31:12
10	03:28	0:34:40
11	03:32	0:38:12
12	03:31	0:41:43
13	03:33	0:45:16
14	03:32	0:48:48
15	03:31	0:52:20
16	03:36	0:55:56
17	03:35	0:59:31
18	03:36	1:03:06
19	03:26	1:06:32
20	03:32	1:10:05
21	03:30	1:13:35
22	03:32	1:17:07
23	03:34	1:20:41
24	03:33	1:24:14
25	03:29	1:27:43
26	03:25	1:31:07
27	03:38	1:34:46
28	03:29	1:38:14
29	03:41	1:41:55
30	03:31	1:45:26
31	03:30	1:48:57
32	03:36	1:52:32
33	03:42	1:56:14
34	03:31	1:59:46
35	03:26	2:03:12
36	03:25	2:06:37
37	03:33	2:10:10
38	03:26	2:13:36
39	03:26	2:17:02
40	03:33	2:20:35
41	03:30	2:24:05
42	03:32	2:27:37
0.195	00:41	2:28:18



BOSTON MARATHON PACE CHARTS

SUB 2:45:00

KMS	PACE	TIMING
1	03:38	0:03:38
2	03:52	0:07:29
3	03:49	0:11:18
4	03:50	0:15:08
5	03:42	0:18:51
6	03:44	0:22:35
7	03:54	0:26:29
8	03:59	0:30:28
9	03:52	0:34:20
10	03:49	0:38:09
11	03:54	0:42:03
12	03:53	0:45:55
13	03:54	0:49:50
14	03:54	0:53:43
15	03:53	0:57:36
16	03:58	1:01:34
17	03:56	1:05:30
18	03:57	1:09:27
19	03:47	1:13:14
20	03:54	1:17:08
21	03:52	1:21:00
22	03:54	1:24:53
23	03:55	1:28:48
24	03:54	1:32:43
25	03:50	1:36:33
26	03:45	1:40:18
27	04:00	1:44:18
28	03:50	1:48:08
29	04:03	1:52:10
30	03:53	1:56:03
31	03:52	1:59:55
32	03:57	2:03:52
33	04:05	2:07:57
34	03:53	2:11:49
35	03:47	2:15:36
36	03:45	2:19:21
37	03:54	2:23:16
38	03:47	2:27:03
39	03:47	2:30:50
40	03:54	2:34:44
41	03:51	2:38:35
42	03:54	2:42:29
0.195	00:45	2:43:13



BOSTON MARATHON PACE CHARTS

SUB 3:00:00

KMS	PACE	TIMING
1	03:58	0:03:58
2	04:13	0:08:11
3	04:10	0:12:20
4	04:11	0:16:31
5	04:03	0:20:34
6	04:05	0:24:39
7	04:16	0:28:55
8	04:21	0:33:16
9	04:13	0:37:29
10	04:10	0:41:38
11	04:15	0:45:53
12	04:14	0:50:07
13	04:16	0:54:23
14	04:15	0:58:38
15	04:14	1:02:52
16	04:20	1:07:12
17	04:18	1:11:30
18	04:19	1:15:48
19	04:08	1:19:56
20	04:15	1:24:11
21	04:13	1:28:24
22	04:15	1:32:39
23	04:17	1:36:56
24	04:16	1:41:12
25	04:11	1:45:23
26	04:06	1:49:28
27	04:22	1:53:50
28	04:11	1:58:01
29	04:25	2:02:26
30	04:14	2:06:40
31	04:13	2:10:53
32	04:19	2:15:12
33	04:27	2:19:39
34	04:14	2:23:52
35	04:08	2:28:00
36	04:06	2:32:06
37	04:16	2:36:22
38	04:08	2:40:30
39	04:08	2:44:38
40	04:16	2:48:54
41	04:12	2:53:05
42	04:15	2:57:20
0.195	00:49	2:58:09



BOSTON MARATHON PACE CHARTS

SUB 3:15:00

KMS	PACE	TIMING
1	04:18	0:04:18
2	04:34	0:08:52
3	04:31	0:13:22
4	04:32	0:17:54
5	04:23	0:22:17
6	04:25	0:26:43
7	04:37	0:31:20
8	04:43	0:36:03
9	04:34	0:40:37
10	04:31	0:45:08
11	04:36	0:49:44
12	04:35	0:54:19
13	04:37	0:58:56
14	04:36	1:03:33
15	04:35	1:08:08
16	04:42	1:12:50
17	04:40	1:17:29
18	04:41	1:22:10
19	04:29	1:26:38
20	04:36	1:31:14
21	04:34	1:35:48
22	04:36	1:40:25
23	04:38	1:45:03
24	04:37	1:49:40
25	04:32	1:54:12
26	04:26	1:58:39
27	04:44	2:03:23
28	04:32	2:07:54
29	04:47	2:12:42
30	04:35	2:17:17
31	04:34	2:21:51
32	04:41	2:26:31
33	04:49	2:31:21
34	04:35	2:35:56
35	04:29	2:40:24
36	04:26	2:44:51
37	04:37	2:49:28
38	04:29	2:53:57
39	04:29	2:58:25
40	04:37	3:03:03
41	04:33	3:07:36
42	04:36	3:12:12
0.195	00:53	3:13:05



BOSTON MARATHON PACE CHARTS

SUB 3:30:00

KMS	PACE	TIMING
1	04:38	0:04:38
2	04:55	0:09:33
3	04:52	0:14:25
4	04:53	0:19:17
5	04:43	0:24:01
6	04:46	0:28:47
7	04:59	0:33:46
8	05:05	0:38:50
9	04:55	0:43:45
10	04:52	0:48:37
11	04:58	0:53:35
12	04:56	0:58:31
13	04:59	1:03:30
14	04:58	1:08:27
15	04:56	1:13:24
16	05:03	1:18:27
17	05:01	1:23:28
18	05:02	1:28:31
19	04:49	1:33:20
20	04:58	1:38:18
21	04:55	1:43:13
22	04:58	1:48:11
23	05:00	1:53:10
24	04:59	1:58:09
25	04:53	2:03:02
26	04:47	2:07:49
27	05:06	2:12:55
28	04:53	2:17:48
29	05:09	2:22:57
30	04:56	2:27:54
31	04:55	2:32:49
32	05:02	2:37:51
33	05:12	2:43:03
34	04:56	2:47:59
35	04:49	2:52:49
36	04:47	2:57:36
37	04:59	3:02:34
38	04:49	3:07:24
39	04:49	3:12:13
40	04:59	3:17:12
41	04:54	3:22:06
42	04:58	3:27:04
0.195	00:57	3:28:01