

# 26.2 Miles

# PACE

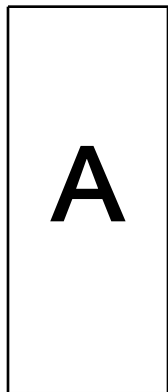
# 5:00

[www.MarathonGuide.com](http://www.MarathonGuide.com)

- 1 - 0:11:27
- 2 - 0:22:54**
- 3 - 0:34:21
- 4 - 0:45:48**
- 5 - 0:57:15
- 6 - 1:08:42**
- 7 - 1:20:09
- 8 - 1:31:36**
- 9 - 1:43:03
- 10 - 1:54:30**
- 11 - 2:05:57
- 12 - 2:17:24**
- 13 - 2:28:51
- 14 - 2:40:18**
- 15 - 2:51:45
- 16 - 3:03:12**
- 17 - 3:14:39
- 18 - 3:26:06**
- 19 - 3:37:33
- 20 - 3:49:00**
- 21 - 4:00:27
- 22 - 4:11:54**
- 23 - 4:23:21
- 24 - 4:34:48**
- 25 - 4:46:15
- 26 - 4:57:42**

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# 5:00



## INSTRUCTIONS:

### I. Print this page:

From the File menu choose Print OR Click the Printer icon above

### II. Cut along the black outline to create the band.

### III. (Optional)

To make the wristband stronger (and waterproof), cover the band lengthwise with strips of clear tape: front, back and side edges.

Trim tape with scissors.

### IV. Wrap the band around your wrist, covering the "A" with the top edge of the band. Size the band to your wrist and tape securely.

### V. Go Run a Marathon!

You're done! You can now close this window and enjoy more of the features on MarathonGuide.com.

Good luck with your race!