

Even-pace marathon pace bands

Mile	3:00	3:30	4:00	4:30	5:00	5:30	6:00
1	6:52	8:01	9:09	10:18	11:27	12:35	13:44
2	13:44	16:01	18:18	20:36	22:53	25:10	27:28
3	20:36	24:02	27:28	30:54	34:20	37:46	41:12
4	27:28	32:02	36:37	41:12	45:46	50:21	54:55
5	34:20	40:03	45:46	51:29	57:13	1:02:56	1:08:39
6	41:12	48:03	54:55	1:01:47	1:08:39	1:15:31	1:22:23
8	54:55	1:04:05	1:13:14	1:22:23	1:31:32	1:40:41	1:49:51
10	1:08:39	1:20:06	1:31:32	1:42:59	1:54:25	2:05:52	2:17:18
13.1	1:29:56	1:44:55	1:59:55	2:14:54	2:29:54	2:44:53	2:59:52
15	1:42:59	2:00:09	2:17:18	2:34:28	2:51:38	3:08:48	3:25:58
18	2:03:35	2:24:10	2:44:46	3:05:22	3:25:58	3:46:33	4:07:09
20	2:17:18	2:40:11	3:03:05	3:25:58	3:48:51	4:11:44	4:34:37
22	2:31:02	2:56:13	3:21:23	3:46:33	4:11:44	4:36:54	5:02:04
24	2:44:46	3:12:14	3:39:41	4:07:09	4:34:37	5:02:04	5:29:32
26	2:58:30	3:28:15	3:58:00	4:27:45	4:57:30	5:27:15	5:57:00
26.2	2:59:52	3:29:51	3:59:50	4:29:48	4:59:47	5:29:46	5:59:45

Cut a column out and wrap it round your wrist.

Notes