

Frederick Marathon
Runner Timeline

Pace per mile	Five min/mile	Six min/mile	Seven min/mile	Eight min/mile	Nine min/mile	Ten min/mile	Eleven min/mile	Twelve min/mile	Thirteen min/mile	Fourteen min/mile	Lag Group Time for 14 min/mile
Mile 1	6:35 AM	6:36 AM	6:37 AM	6:38 AM	6:39 AM	6:40 AM	6:41 AM	6:42 AM	6:43 AM	6:44 AM	6:50 AM
Mile 2	6:40 AM	6:42 AM	6:44 AM	6:46 AM	6:48 AM	6:50 AM	6:52 AM	6:54 AM	6:56 AM	6:58 AM	7:05 AM
Mile 3	6:45 AM	6:48 AM	6:51 AM	6:54 AM	6:57 AM	7:00 AM	7:03 AM	7:06 AM	7:09 AM	7:12 AM	7:20 AM
Mile 4	6:50 AM	6:54 AM	6:58 AM	7:02 AM	7:06 AM	7:10 AM	7:14 AM	7:18 AM	7:22 AM	7:26 AM	7:35 AM
Mile 5	6:55 AM	7:00 AM	7:05 AM	7:10 AM	7:15 AM	7:20 AM	7:25 AM	7:30 AM	7:35 AM	7:40 AM	7:50 AM
Mile 6	7:00 AM	7:06 AM	7:12 AM	7:18 AM	7:24 AM	7:30 AM	7:36 AM	7:42 AM	7:48 AM	7:54 AM	8:05 AM
Mile 7	7:05 AM	7:12 AM	7:19 AM	7:26 AM	7:33 AM	7:40 AM	7:47 AM	7:54 AM	8:01 AM	8:08 AM	8:20 AM
Mile 8	7:10 AM	7:18 AM	7:26 AM	7:34 AM	7:42 AM	7:50 AM	7:58 AM	8:06 AM	8:14 AM	8:22 AM	8:35 AM
Mile 9	7:15 AM	7:24 AM	7:33 AM	7:42 AM	7:51 AM	8:00 AM	8:09 AM	8:18 AM	8:27 AM	8:36 AM	8:50 AM
Mile 10	7:20 AM	7:30 AM	7:40 AM	7:50 AM	8:00 AM	8:10 AM	8:20 AM	8:30 AM	8:40 AM	8:50 AM	9:05 AM
Mile 11	7:25 AM	7:36 AM	7:47 AM	7:58 AM	8:09 AM	8:20 AM	8:31 AM	8:42 AM	8:53 AM	9:04 AM	9:20 AM
Mile 12	7:30 AM	7:42 AM	7:54 AM	8:06 AM	8:18 AM	8:30 AM	8:42 AM	8:54 AM	9:06 AM	9:18 AM	9:35 AM
Mile 13	7:35 AM	7:48 AM	8:01 AM	8:14 AM	8:27 AM	8:40 AM	8:53 AM	9:06 AM	9:19 AM	9:32 AM	9:50 AM
Mile 14	7:40 AM	7:54 AM	8:08 AM	8:22 AM	8:36 AM	8:50 AM	9:04 AM	9:18 AM	9:32 AM	9:46 AM	10:05 AM
Mile 15	7:45 AM	8:00 AM	8:15 AM	8:30 AM	8:45 AM	9:00 AM	9:15 AM	9:30 AM	9:45 AM	10:00 AM	10:20 AM
Mile 16	7:50 AM	8:06 AM	8:22 AM	8:38 AM	8:54 AM	9:10 AM	9:26 AM	9:42 AM	9:58 AM	10:14 AM	10:35 AM
Mile 17	7:55 AM	8:12 AM	8:29 AM	8:46 AM	9:03 AM	9:20 AM	9:37 AM	9:54 AM	10:11 AM	10:28 AM	10:50 AM
Mile 18	8:00 AM	8:18 AM	8:36 AM	8:54 AM	9:12 AM	9:30 AM	9:48 AM	10:06 AM	10:24 AM	10:42 AM	11:05 AM
Mile 19	8:05 AM	8:24 AM	8:43 AM	9:02 AM	9:21 AM	9:40 AM	9:59 AM	10:18 AM	10:37 AM	10:56 AM	11:20 AM
Mile 20	8:10 AM	8:30 AM	8:50 AM	9:10 AM	9:30 AM	9:50 AM	10:10 AM	10:30 AM	10:50 AM	11:10 AM	11:35 AM
Mile 21	8:15 AM	8:36 AM	8:57 AM	9:18 AM	9:39 AM	10:00 AM	10:21 AM	10:42 AM	11:03 AM	11:24 AM	11:50 AM
Mile 22	8:20 AM	8:42 AM	9:04 AM	9:26 AM	9:48 AM	10:10 AM	10:32 AM	10:54 AM	11:16 AM	11:38 AM	12:05 PM
Mile 23	8:25 AM	8:48 AM	9:11 AM	9:34 AM	9:57 AM	10:20 AM	10:43 AM	11:06 AM	11:29 AM	11:52 AM	12:20 PM
Mile 24	8:30 AM	8:54 AM	9:18 AM	9:42 AM	10:06 AM	10:30 AM	10:54 AM	11:18 AM	11:42 AM	12:06 PM	12:35 PM
Mile 25	8:35 AM	9:00 AM	9:25 AM	9:50 AM	10:15 AM	10:40 AM	11:05 AM	11:30 AM	11:55 AM	12:20 PM	12:50 PM
Mile 26	8:40 AM	9:06 AM	9:32 AM	9:58 AM	10:24 AM	10:50 AM	11:16 AM	11:42 AM	12:08 PM	12:34 PM	1:05 PM

Lag Group - Due to staging at the start line, it may take up to 15 minutes for the 14 min/mile group to cross the start line