



# First and Last Runner Times by Mile Marker

Start Times: 8:00 AM (10K & 5K) & 8:10 AM (marathon and half)

MARATHON = 8:10 AM		
Miles	5:20 pace First Runner	15 min pace Last Walker
START	8:10:00 AM	8:14:00 AM
1	8:15:20 AM	8:29:00 AM
2	8:20:40 AM	8:44:00 AM
3	8:26:00 AM	8:59:00 AM
4	8:31:20 AM	9:14:00 AM
5	8:36:40 AM	9:29:00 AM
6	8:42:00 AM	9:44:00 AM
7	8:47:20 AM	9:59:00 AM
8	8:52:40 AM	10:14:00 AM
9	8:58:00 AM	10:29:00 AM
10	9:03:20 AM	10:44:00 AM
11	9:08:40 AM	10:59:00 AM
12	9:14:00 AM	11:14:00 AM
13	9:19:20 AM	11:29:00 AM
14	9:24:40 AM	11:44:00 AM
15	9:30:00 AM	11:59:00 AM
16	9:35:20 AM	12:14:00 PM
17	9:40:40 AM	12:29:00 PM
18	9:46:00 AM	12:44:00 PM
19	9:51:20 AM	12:59:00 PM
20	9:56:40 AM	1:14:00 PM
21	10:02:00 AM	1:29:00 PM
22	10:07:20 AM	1:44:00 PM
23	10:12:40 AM	1:59:00 PM
24	10:18:00 AM	2:14:00 PM
25	10:23:20 AM	2:29:00 PM
26	10:28:40 AM	2:44:00 PM
FINISH	10:29:00 AM	2:46:00 PM

Half Marathon = 8:10 AM		
Miles	5:15 min pace First Runner	16 min pace Last Walker
START	8:10:00 AM	8:14:00 AM
1	8:15:00 AM	8:30:00 AM
2	8:20:00 AM	8:46:00 AM
3	8:25:00 AM	9:02:00 AM
4	8:30:00 AM	9:18:00 AM
5	8:35:00 AM	9:34:00 AM
6	8:40:00 AM	9:50:00 AM
7	8:45:00 AM	10:06:00 AM
8	8:50:00 AM	10:22:00 AM
9	8:55:00 AM	10:38:00 AM
10	9:00:00 AM	10:54:00 AM
11	9:05:00 AM	11:10:00 AM
12	9:10:00 AM	11:26:00 AM
13	9:15:00 AM	11:42:00 AM
FINISH	9:15:50 AM	11:46:00 AM

Carmel 10K = 8:00 AM		
Miles	5:00 pace First Runner	16 min pace Last Walker
START	8:00:00 AM	8:04:00 AM
1	8:05:00 AM	8:20:00 AM
2	8:10:00 AM	8:36:00 AM
3	8:15:00 AM	8:52:00 AM
4	8:20:00 AM	9:08:00 AM
5	8:25:00 AM	9:24:00 AM
6	8:30:00 AM	9:40:00 AM
FINISH	8:31:00 AM	9:45:00 AM

Carmel 5K = 8:00 AM		
Miles	5:20 pace First Runner	22 min pace Last Walker
START	8:00:00 AM	8:04:00 AM
1	8:05:20 AM	8:24:00 AM
2	8:10:40 AM	8:44:00 AM
3	8:16:00 AM	9:04:00 AM
FINISH	8:16:15 AM	9:06:30 AM

*Half Marathon and Marathon run together the first 13 miles. Half leader will be faster than the marathon leader*