



## IMT Des Moines Marathon Marathon Course Pace Chart – Average Time

The IMT Des Moines Marathon – Marathon Course Pace Chart represents an estimate of the time that those hoping to win the race and those hoping to finish within the course limit will make their way through the IMT Des Moines Marathon course.

The course record pace of 5:30 minutes per mile is based on the course record of 2:22:57 set at the 2003 IMT Des Moines Marathon and tied in 2007.

The average time limit of 10:30 minutes per mile is based on the average finishing time of 4:31:54 at the 2008 IMT Des Moines Marathon

Mile	Course Record– 5:30 Minute Pace		Average Time – 10:30 Minute Pace	
Start	Nollen Plaza	8:00 a.m.	Nollen Plaza	8:00 a.m.
1		8:05:30		8:10:30
2		8:11:00		8:21:00
3		8:16:30		8:31:30
4	Des Moines University	8:22:00	Des Moines University	8:42:00
5		8:27:30		8:52:30
6		8:33:00		9:03:00
7	Salisbury House	8:38:30	Salisbury House	9:13:30
8		8:44:00		9:24:00
9		8:49:30		9:34:30
10		8:55:00		9:45:00
11		9:00:30		9:55:30
12	Drake University	9:06:00	Drake University	10:06:00
13		9:11:30		10:16:30
14		9:17:00		10:27:00
15		9:22:30		10:37:30
16	Greenwood Park	9:28:00	Greenwood Park	10:48:00
17		9:33:30		10:58:30
18	Water Works Park	9:39:00	Water Works Park	11:09:00
19		9:44:30		11:19:30
20		9:49:30		11:30:00
21		9:55:00		11:40:30
22	Gray's Lake Park	10:00:30	Gray's Lake Park	11:51:00
23		10:06:00		12:01:30 p.m.
24		10:11:30		12:12:00
25	Martin Luther King Pkwy	10:17:00	Martin Luther King Pkwy	12:22:30
26		10:22:30		12:33:00
26.2	Nollen Plaza	10:23 a.m.	Nollen Plaza	12:34 p.m.