



## IMT Des Moines Marathon Marathon Course Pace Chart – Course Limit

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 in 2003 and tied in 2007 at the IMT Des Moines Marathon.

The course limit pace of 16:00 minutes per mile is based on the amount of time that it would take to complete the IMT Des Moines Marathon course within the allotted time limit of 7 hours.

<b>Mile</b>	<b>Course Record– 5:30 Minute Pace</b>		<b>Course Limit – 16:00 Minute Pace</b>	
Start	Nollen Plaza	8:00 a.m.	Nollen Plaza	8:00 a.m.
1		8:05:30		8:16:00
2		8:11:00		8:32:00
3		8:16:30		8:48:00
4	Des Moines University	8:22:00	Des Moines University	9:04:00
5		8:27:30		9:20:00
6		8:33:00		9:36:00
7	Salisbury House	8:38:30	Salisbury House	9:52:00
8		8:44:00		10:08:00
9		8:49:30		10:24:00
10		8:55:00		10:40:00
11		9:00:30		10:56:00
12	Drake University	9:06:00	Drake University	11:12:00
13		9:11:30		11:28:00
14		9:17:00		11:44:00
15		9:22:30		12:00:00 p.m.
16	Greenwood Park	9:28:00	Greenwood Park	12:16:00
17		9:33:30		12:32:00
18	Water Works Park	9:39:00	Water Works Park	12:48:00
19		9:44:30		1:04:00
20		9:49:30		1:20:00
21		9:55:00		1:36:00
22	Gray's Lake Park	10:00:30	Gray's Lake Park	1:52:00
23		10:06:00		2:08:00
24		10:11:30		2:24:00
25	Martin Luther King Pkwy	10:17:00	Martin Luther King Pkwy	2:40:00
26		10:22:30		2:56:00
26.2	Nollen Plaza	10:23:00 a.m.	Nollen Plaza	3:00:00 p.m.



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