



IMT Des Moines Marathon Course Limit Pace Chart

The IMT Des Moines Marathon Course Limit Pace Chart represents a mile by mile estimate of the pace required to tie the current IMT Des Moines Marathon course record compared to the time required to complete the course within the 7 hour allotted marathon course time limit.

The course record pace of 5:07 minutes per mile is based on the current course record time of 2:14:20, set by James Kirwa of Kenya, at the October 17, 2010 IMT Des Moines Marathon.

The course limit pace of 16:00 minutes per mile is based on the amount of time required to complete the course from start to finish within the 7 hour allotted marathon course time limit.

Mile	Course Record– 5:07 Minute Pace		Course Limit – 16:00 Minute Pace	
Start	Nollen Plaza	8:00 a.m.	Nollen Plaza	8:00 a.m.
1		8:05:07		8:16:00
2		8:10:14		8:32:00
3		8:15:22		8:48:00
4	Des Moines University	8:20:29	Des Moines University	9:04:00
5		8:25:37		9:20:00
6		8:30:44		9:36:00
7	Salisbury House	8:35:51	Salisbury House	9:52:00
8		8:40:59		10:08:00
9		8:46:06		10:24:00
10		8:51:14		10:40:00
11		8:56:21		10:56:00
12	Drake University	9:01:28	Drake University	11:12:00
13		9:06:36		11:28:00
14		9:11:43		11:44:00
15		9:16:51		12:00:00 p.m.
16	Greenwood Park	9:21:58	Greenwood Park	12:16:00
17		9:27:06		12:32:00
18	Water Works Park	9:32:13	Water Works Park	12:48:00
19		9:37:20		1:04:00
20		9:42:28		1:20:00
21		9:47:35		1:36:00
22	Gray's Lake Park	9:52:43	Gray's Lake Park	1:52:00
23		9:57:50		2:08:00
24		10:02:57		2:24:00
25	Martin Luther King Pkwy	10:08:05	Martin Luther King Pkwy	2:40:00
26		10:13:12		2:56:00
26.2	Nollen Plaza	10:14 a.m.	Nollen Plaza	3:00:00 p.m.

The IMT Des Moines Marathon encourages you to consult your physician, physical therapist, and/or personal trainer if you are a beginning or intermediate runner/walker with aspirations of completing a marathon or half marathon. For more information, including hydration, nutrition, and additional training tips visit www.desmoinesmarathon.com.