



IMT Des Moines Marathon Half Marathon Pace Chart

The IMT Des Moines Half Marathon Pace Chart represents a mile by mile estimate of the pace required to tie the current IMT Des Moines Half Marathon course record compared to the time required to complete the course based on the last finisher time in the half marathon distance.

The course record pace of 5:00 minutes per mile is based on the current course record time of 1:05:10, set by Moses Waweru of Kenya, at the October 17, 2010 IMT Des Moines Marathon.

The last runner pace of 18:00 minutes per mile is based on the finishing time of 11:58:07, set by the last runner to cross the finish line, at the October 17, 2010 IMT Des Moines Marathon.

Mile	First Runner – 5:30 Minute Pace	Last Runner – 18 Minute Pace
Start	Nollen Plaza 8:00 a.m.	Nollen Plaza 8:00 a.m.
1	8:05	8:18:19
2	8:10	8:36:38
3	8:15	8:54:57
4	Water Works Park 8:20	Water Works Park 9:13:16
5	8:25	9:31:35
6	8:30	9:59:54
7	Water Works Park 8:35	Water Works Park 10:08:13
8	8:40	10:26:32
9	8:45	10:44:51
10	Gray's Lake Park 8:50	Gray's Lake Park 11:03:10
11	8:55	11:21:29
12	Martin Luther King Pkwy 9:00	Martin Luther King Pkwy 11:39:48
13	Nollen Plaza 9:05 a.m.	Nollen Plaza 11:58:07 a.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 the IMT Des Moines Marathon website at www.desmoinesmarathon.com.