



IMT Des Moines Marathon Median Time Pace Chart

The IMT Des Moines Marathon Median Time 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 based on median finisher times in the marathon distance.

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 median time pace of 10:30 minutes per mile is based on U.S. marathon median finisher times for men & women in 2010 according to the Running USA State of the Sport annual report.

Mile	Course Record– 5:07 Minute Pace		Median Time – 10:30 Minute Pace	
Start	Nollen Plaza	8:00 a.m.	Nollen Plaza	8:00 a.m.
1		8:05:07		8:10:30
2		8:10:14		8:21:00
3		8:15:22		8:31:30
4	Des Moines University	8:20:29	Des Moines University	8:42:00
5		8:25:37		8:52:30
6		8:30:44		9:03:00
7	Salisbury House	8:35:51	Salisbury House	9:13:30
8		8:40:59		9:24:00
9		8:46:06		9:34:30
10		8:51:14		9:45:00
11		8:56:21		9:55:30
12	Drake University	9:01:28	Drake University	10:06:00
13		9:06:36		10:16:30
14		9:11:43		10:27:00
15		9:16:51		10:37:30
16	Greenwood Park	9:21:58	Greenwood Park	10:48:00
17		9:27:06		10:58:30
18	Water Works Park	9:32:13	Water Works Park	11:09:00
19		9:37:20		11:19:30
20		9:42:28		11:30:00
21		9:47:35		11:40:30
22	Gray's Lake Park	9:52:53	Gray's Lake Park	11:51:00
23		9:57:50		12:01:30 p.m.
24		10:02:57		12:12:00
25	Martin Luther King Pkwy	10:08:05	Martin Luther King Pkwy	12:22:30
26		10:13:12		12:33:00
26.2	Nollen Plaza	10:14 a.m.	Nollen Plaza	12:34 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.