



## IMT Des Moines Marathon Marathon Pace Chart

The IMT Des Moines Marathon Pace Chart represents the mile-to-mile pace necessary to match the current IMT Des Moines Marathon course record, compared to the mile-to-mile rate required to complete the Marathon course within the allotted 7-hour course time limit.

Philip Lagat, Kenya, has set the IMT Des Moines Marathon course record pace of 05:03 per mile with his finish time of 02:12:19 at the October 19, 2014 race.

Officials base the course limit pace of 16 minutes per mile on the amount of time required to complete the 26.2-mile course, from start to finish, within the allotted 7-hour course time limit.

Mile	Course Record – 5:00 Minute Pace		Course Limit – 16:00 Minute Pace	
Start	Court Avenue	8:00 am	Court Avenue	8:00 am
1	MLK Jr Bridge	8:05	MLK JR Bridge	8:16
2		8:10		8:32
3	Grand Avenue Bridge	8:15	Grand Avenue Bridge	8:48
4		8:20		9:04
5		8:25		9:20
6	Glenview Drive	8:30	Glenview Drive	9:36
7		8:35		9:52
8		8:40		10:08
9	Harwood Loop	8:45	Harwood Loop	10:24
10		8:50		10:40
11		8:55		10:56
12	Drake University	9:00 am	Drake University	11:12
13		9:05		11:28
14		9:10		11:44
15	Waveland Tennis Courts	9:16	Waveland Tennis Courts	12:00 pm
16		9:21		12:16
17		9:26		12:32
18	Water Works Park Bridge	9:31	Water Works Park Bridge	12:48
19		9:36		1:04
20		9:42		1:20
21		9:47		1:36
22	Gray's Lake Park Entrance	9:52	Gray's Lake Park Entrance	1:52
23		9:57		2:08
24		10:02		2:24
25	MLK Jr Pkwy	10:07	MLK Jr Pkwy	2:40
26		10:12		2:56
26.2	Court Avenue	10:12:19 am	Court Avenue	3:00 pm

The IMT Des Moines Marathon encourages you to consult your physician, physical therapist, or personal trainer if you are a beginning or intermediate runner/walker aspiring to complete a marathon or half marathon. For more information, including hydration, nutrition, and additional training tips visit [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com).