



IMT Des Moines Marathon Half Marathon Pace Chart

The Half Marathon Pace Chart represents the mile to mile pace required to tie match the current IMT Des Moines Half Marathon course record compared to the mile to mile pace required to complete the 13.1 mile course based on the last place finisher time.

The IMT Des Moines Half Marathon course record pace of 04:50 per mile is based on the current course record time of 01:03:20, set by Samuel Ndereba, Kenya, on October 21, 2012.

The last finisher time pace of 26:36 minutes per mile is based on a finish time of 4:23:58 recorded in the IMT Des Moines Half Marathon race on Sunday, October 16, 2016.

Mile	First Runner – 4:50 Minute Pace	Last Runner – 20:10 Minute Pace
Start	Court Avenue 8:00 am	Court Avenue 8:00 am
1	Scott Street Bridge 8:05	Scott Street Bridge 8:20
2	8:10	8:40
3	Fleur Drive MLK Jr Underpass 8:15	Fleur Drive MLK Jr Underpass 9:00
4	8:20	9:20
5	Water Works Park Loop 8:25	Water Works Park Loop 9:40
6	8:29	10:01
7	Water Works Park Loop 8:34	Water Works Park Loop 10:21
8	8:39	10:41
9	Gray's Lake Park Entrance 8:44	Gray's Lake Park Entrance 11:01
10	8:49	11:21
11	Meredith Trail 8:54	Meredith Trail 11:41
12	8:58	12:02 pm
13.1	Court Avenue 9:03 am	Court Avenue 12:22 pm

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 and click on Training.