



IMT Des Moines Marathon Marathon Pace Chart

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

The course record pace of 05:03 minutes per mile is based on the current IMT Des Moines Marathon course record time of 02:12:19, set Philip Lagat, Kenya, on October 19, 2014.

The course limit pace of 16 minutes per mile is based 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	Scott Street Bridge	8:05	Scott Street 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	Foster Drive	8:30	Foster 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, 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 and click on Training.