



IMT Des Moines Marathon Half Marathon Pace Chart

The IMT Des Moines Half Marathon Pace Chart represents the mile-to-mile pace required to match the current IMT Des Moines Half Marathon course record, compared to the mile-to-mile pace required to maintain in order to complete the 13.1 mile course based on the last finisher

The IMT Des Moines Half Marathon course record pace of 04:50 per mile is based on the current course record time of 1:03:20, set by Samuel Ndereba, Kenya, at the October 21, 2012 race.

The last finisher time pace of 20:10 minutes per mile is based on a finish time of 4:23:58 recorded at the IMT Des Moines Half Marathon race last year on Sunday, October 21, 2018.

Mile	Course Record – 4:50 Minute Pace	Last Finisher – 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 Train.