

Full Marathon Sunday			
Fast Pace/Mile	0:05:45		
Avg Pace/Mile	0:09:41		
Pace Limit	0:14:00		
Start	7:00 AM		
Mile	First Runner	Middle group	Last Runner
1	7:05 AM	7:09 AM	7:14 AM
2	7:11 AM	7:19 AM	7:28 AM
3	7:17 AM	7:29 AM	7:42 AM
4	7:23 AM	7:38 AM	7:56 AM
5	7:28 AM	7:48 AM	8:10 AM
6	7:34 AM	7:58 AM	8:24 AM
6.5			
7	7:40 AM	8:07 AM	8:38 AM
8	7:46 AM	8:17 AM	8:52 AM
9	7:51 AM	8:27 AM	9:06 AM
10	7:57 AM	8:36 AM	9:20 AM
11	8:03 AM	8:46 AM	9:34 AM
12	8:09 AM	8:56 AM	9:48 AM
13	8:14 AM	9:05 AM	10:02 AM
13.1			
14	8:20 AM	9:15 AM	10:16 AM
15	8:26 AM	9:25 AM	10:30 AM
16	8:32 AM	9:34 AM	10:44 AM
17	8:37 AM	9:44 AM	10:58 AM
18	8:43 AM	9:54 AM	11:12 AM
19	8:49 AM	10:03 AM	11:26 AM
20	8:55 AM	10:13 AM	11:40 AM
21	9:00 AM	10:23 AM	11:54 AM
22	9:06 AM	10:33 AM	12:08 PM
23	9:12 AM	10:42 AM	12:22 PM
24	9:18 AM	10:52 AM	12:36 PM
25	9:23 AM	11:02 AM	12:50 PM
26	9:29 AM	11:11 AM	1:04 PM
26.2	9:30 AM	11:13 AM	1:06 PM

Lake Mendota

Lake Monona



**MADISON MARATHON**

← Marathon Route  
 10 Marathon Mile Markers  
 ● Water Stations

Race Day Temps: (averages)  
 73° High  
 49° Low  
 55° 7:30am  
 66° 11:30am

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