Honolulu Marathon Pacing Plan © by BC Endurance					
		Goal Pace:	0:24:00		
		6.2-Mile Strategy:	6%		
		Conditions:	Best	Realistic	Base
Mile#	Location	Average Pace:	0:23:24	0:24:00	0:24:36
1	Ala Moana & South Street	Time at Mile Mark:	0:24:24	0:24:58	0:25:37
		Pace During Mile:	0:24:24	0:24:58	0:25:37
2	King and Bishop	Time @ 2 Mi:	0:48:37	0:49:49	0:51:04
		Pace:	0:24:13	0:24:50	0:25:28
3	Kapiolani Past Blaisdel Arena	Time @ 3 Mi:	1:12:43	1:14:32	1:16:24
		Pace:	0:24:06	0:24:43	0:25:20
4	Ala Moana Park Atkinson Entrance	Time @ 4 Mi:	1:36:21	1:38:47	1:41:15
		Pace:	0:23:38	0:24:14	0:24:51
5	Kalakaua & Saratoga	Time @ 5 Mi:	1:59:45	2:02:47	2:05:51
		Pace:	0:23:24	0:24:00	0:24:36
6	Kalakaua & Kapahulu	Time @ 6 Mi:	2:23:09	2:26:32	2:30:12
		Pace:	0:23:24	0:23:46	0:24:21
6.2	Monsarrat Bus Stop at Bandstand	Time @ 6.2 Mi:	2:46:33	2:50:03	2:54:19
		Pace:	0:23:24	0:23:31	0:24:06
7	Paki Ave Past 2nd Restroom	Time @ 7 Mi:	3:09:57	3:13:27	3:18:18
		Pace:	0:23:24	0:23:24	0:23:59
8	Daimond H Rd Past Lighthouse	Time @ 8 Mi:	3:33:21	3:36:44	3:42:10
		Pace:	0:23:24	0:23:17	0:23:52
9	Daiamond H Rd and 22nd Ave	Time @ 9 Mi:	3:56:45	4:01:27	4:07:30
		Pace:	0:23:24	0:24:43	0:25:20
10	Kilauea Past 22nd Ave	Time @ 10 Mi:	4:19:41	4:24:59	4:31:37
		Pace:	0:22:56	0:23:31	0:24:06
11	Kalanianaole & Star of the Sea Church	Time @ 11 Mi:	4:42:51	4:48:44	4:55:58
		Pace:	0:23:10	0:23:46	0:24:21
12	Kalanianaole Past Soccer Field	Time @ 12 Mi:	5:05:05	5:11:32	5:19:20
		Pace:	0:22:14	0:22:48	0:23:22
13	Kalanianaole Past West Hind Dr	Time @ 13 Mi:	5:07:18	5:13:49	5:21:40
		Pace:	0:22:14	0:22:48	0:23:22
13.1	Kalanianaole Past W Hind Dr, + 200M	Time @ 13.1 Mi:	2:42:19	2:46:28	2:50:38
		Pace:	0:11:57	0:12:15	0:12:33
14	Kalanianaole & Nui Valley	Time @ 14 Mi:	2:53:04	2:57:30	3:01:56
		Pace:	0:11:57	0:12:15	0:12:33
15	Kalanianaole Past Kuliouou	Time @ 15 Mi:	3:05:00	3:09:45	3:14:30
		Pace:	0:11:57	0:12:15	0:12:33
16	Hawaii Kai Dr Near Hahaione	Time @ 16 Mi:	3:16:57	3:22:00	3:27:03
		Pace:	0:11:57	0:12:15	0:12:33
17	Kawaihae Past Bridge	Time @ 17 Mi:	3:28:54	3:34:15	3:39:36
		Pace:	0:11:57	0:12:15	0:12:33
18	Kalanianaole & Elelupe St.	Time @ 18 Mi:	3:40:50	3:46:30	3:52:10
		Pace:	0:11:57	0:12:15	0:12:33
18.6	Kalanianaole & Elelupe St., Plus .6Mi	Time @ 18.6 Mi:	3:48:00	3:53:51	3:59:42
		Pace:	0:11:57	0:12:15	0:12:33
19	Kalanianaole & Niu Valley	Time @ 19 Mi:	3:52:47	3:58:45	4:04:43
		Pace:	0:11:57	0:12:15	0:12:33
20	Kalanianaole & Aina Haina	Time @ 20 Mi:	4:04:44	4:11:00	4:17:16
		Pace:	0:11:57	0:12:15	0:12:33
21	Kalanianaole & Soccer Field	Time @ 21 Mi:	4:16:40	4:23:15	4:29:50
		Pace:	0:11:57	0:12:15	0:12:33
22	Kealaolu Past Aloha Station	Time @ 22 Mi:	4:28:37	4:35:30	4:42:23
		Pace:	0:11:57	0:12:15	0:12:33
23	Kahala Ave Past Koloa St.	Time @ 23 Mi:	4:40:33	4:47:45	4:54:57
		Pace:	0:11:57	0:12:15	0:12:33
24	Diamond Head Rd at Triangle Park	Time @ 24 Mi:	4:53:07	5:00:37	5:08:08
		Pace:	0:12:33	0:12:52	0:13:12
25	Daiamond H Rd near Light House	Time @ 25 Mi:	5:05:03	5:12:52	5:20:42
		Pace:	0:11:57	0:12:15	0:12:33
26	Kalakaua Ave Near Kaimana Beach	Time @ 26 Mi:	5:16:53	5:25:00	5:33:07
		Pace:	0:11:49	0:12:07	0:12:26
26.2	Kalakaua Ave & Bandstand	Time @ 26.2 Mi:	5:19:14	5:27:26	5:35:37
		Pace:	0:11:49	0:12:08	0:12:26