



## 25K Pace Per Mile Results Chart

25K Pace per mile and Resulting 25K Time - must complete 25K in 3.5 hours for official results															
6:00	1:33:10	7:00	1:48:40	8:00	2:04:10	9:00	2:19:40	10:00	2:35:20	11:00	2:50:30	12:00	3:06:00	13:00	3:21:30
6:10	1:35:45	7:10	1:51:15	8:10	2:06:45	9:10	2:22:15	10:10	2:37:35	11:10	2:53:05	12:10	3:08:35	13:10	3:24:05
6:20	1:38:20	7:20	1:53:50	8:20	2:09:20	9:20	2:24:50	10:20	2:40:10	11:20	2:55:40	12:20	3:11:10	13:20	3:26:40
6:30	1:40:55	7:30	1:56:25	8:30	2:11:55	9:30	2:27:55	10:30	2:43:03	11:30	2:58:15	12:30	3:13:45	13:30	3:29:15
6:40	1:43:30	7:40	1:59:00	8:40	2:14:30	9:40	2:30:00	10:40	2:45:38	11:40	3:00:50	12:40	3:16:20	13:35	3:30:33
6:50	1:46:05	7:50	2:01:35	8:50	2:17:05	9:50	2:32:35	10:50	2:47:55	11:50	3:03:25	12:50	3:18:55		

### •25K Start time is 8:30a

- Start staging on Monroe Avenue at Lyon Street
- Finish on Ottawa Avenue at Lyon Street
- Times will be recorded until approximately 12p (noon) - 3.5 hours from the 8:30am start
- Participants must be able to maintain a 13:35 minute per mile pace
- Find your pace per mile sign and enter through the gate to line up
- Participants not maintaining a 13:35 minute per mile pace will be instructed to move to the sidewalk and finish at their own risk without event services **OR** you will be offered a ride by race transportation to the finish area
- Medical, aid stations, police, volunteers and course markings will no longer be available when roads open to traffic
- Baby joggers, backpacks, bicycles, rollerblades, skateboards and animals **are not** allowed on the course