

2026 Marathon Pace Chart

Printable splits for Berlin (Sep 27), Chicago (Oct 11) and New York (Nov 1). Even-split targets on a flat course.

Goal Finish	Pace / mi	Pace / km	10K	Half	30K	20 mi
2:45:00	6:18	3:55	39:06	1:22:30	1:57:19	2:05:52
2:50:00	6:29	4:02	40:17	1:25:00	2:00:52	2:09:41
2:55:00	6:40	4:09	41:28	1:27:30	2:04:25	2:13:30
3:00:00	6:52	4:16	42:40	1:30:00	2:07:59	2:17:18
3:05:00	7:03	4:23	43:51	1:32:30	2:11:32	2:21:07
3:10:00	7:15	4:30	45:02	1:35:00	2:15:05	2:24:56
3:15:00	7:26	4:37	46:13	1:37:30	2:18:39	2:28:45
3:20:00	7:38	4:44	47:24	1:40:00	2:22:12	2:32:34
3:25:00	7:49	4:52	48:35	1:42:30	2:25:45	2:36:23
3:30:00	8:01	4:59	49:46	1:45:00	2:29:18	2:40:11
3:35:00	8:12	5:06	50:57	1:47:30	2:32:52	2:44:00
3:40:00	8:23	5:13	52:08	1:50:00	2:36:25	2:47:49
3:45:00	8:35	5:20	53:19	1:52:30	2:39:58	2:51:38
3:50:00	8:46	5:27	54:31	1:55:00	2:43:32	2:55:27
3:55:00	8:58	5:34	55:42	1:57:30	2:47:05	2:59:16
4:00:00	9:09	5:41	56:53	2:00:00	2:50:38	3:03:04
4:05:00	9:21	5:48	58:04	2:02:30	2:54:11	3:06:53
4:10:00	9:32	5:55	59:15	2:05:00	2:57:45	3:10:42
4:15:00	9:44	6:03	1:00:26	2:07:30	3:01:18	3:14:31
4:20:00	9:55	6:10	1:01:37	2:10:00	3:04:51	3:18:20
4:25:00	10:06	6:17	1:02:48	2:12:30	3:08:25	3:22:09
4:30:00	10:18	6:24	1:03:59	2:15:00	3:11:58	3:25:58
4:35:00	10:29	6:31	1:05:10	2:17:30	3:15:31	3:29:46
4:40:00	10:41	6:38	1:06:22	2:20:00	3:19:05	3:33:35
4:45:00	10:52	6:45	1:07:33	2:22:30	3:22:38	3:37:24
4:50:00	11:04	6:52	1:08:44	2:25:00	3:26:11	3:41:13
4:55:00	11:15	6:59	1:09:55	2:27:30	3:29:44	3:45:02
5:00:00	11:27	7:07	1:11:06	2:30:00	3:33:18	3:48:51
5:05:00	11:38	7:14	1:12:17	2:32:30	3:36:51	3:52:39
5:10:00	11:49	7:21	1:13:28	2:35:00	3:40:24	3:56:28
5:15:00	12:01	7:28	1:14:39	2:37:30	3:43:58	4:00:17
5:20:00	12:12	7:35	1:15:50	2:40:00	3:47:31	4:04:06
5:25:00	12:24	7:42	1:17:01	2:42:30	3:51:04	4:07:55
5:30:00	12:35	7:49	1:18:12	2:45:00	3:54:37	4:11:44
5:35:00	12:47	7:56	1:19:24	2:47:30	3:58:11	4:15:33
5:40:00	12:58	8:03	1:20:35	2:50:00	4:01:44	4:19:21
5:45:00	13:10	8:11	1:21:46	2:52:30	4:05:17	4:23:10