

2026 Chicago Marathon - Even-Pace Split Chart

Sunday, October 11, 2026 | Grant Park | Flat & fast | SportsBrackets.net

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

Pace lookup

2:45	6:18/mi 3:55/km	3:00	6:52/mi 4:16/km	3:15	7:26/mi 4:37/km	3:30	8:01/mi 4:59/km
3:45	8:35/mi 5:20/km	4:00	9:09/mi 5:41/km	4:15	9:44/mi 6:03/km	4:30	10:18/mi 6:24/km
4:45	10:52/mi 6:45/km	5:00	11:27/mi 7:07/km	5:15	12:01/mi 7:28/km	5:30	12:35/mi 7:49/km
6:00	13:44/mi 8:32/km						

Even-pace targets measured from your wave start. Chicago's course time limit is 6:30 (15:00/mile). Times are cumulative elapsed time.

Full guide, how-to-use and FAQ: sportsbrackets.net/2026/10/09/2026-chicago-marathon-pace-chart-printable