

Average 10K Pace	1:05	1:02	0:58	0:55	0:52	0:49	0:46	0:43	0:40	0:37
Average Team pace per mile	10:30	10:00	9:30	9:00	8:30	8:00	7:30	7:00	6:30	6:00
Start Time	5:30 - 6:00 AM	5:30 - 7:00 AM	5:30 - 9:00 AM	6:00 - 10:00 AM	6:30 - 10:30 AM	8:00 - 11:00 AM	9:00- 11:30 AM	10:30 AM - 12:00 PM	12:00 - 1:00 PM	1:00 PM
Time on Course	33:50	32:15	30:40	29:00	27:25	25:50	24:10	22:35	21:00	19:50
Projected Finish Time	3:20 - 3:50 PM	1:45 - 3:15 PM	1210 - 3:10 PM	11:00 AM - 3:00 PM	9:55 AM - 1:55 PM	9:50 AM - 12:50 PM	9:10 - 11:40 AM	9:05 - 10:35 AM	9:00 - 10:00 AM	8:20 AM