

JMC 38km pacing chart

Sub:	03:00:00	03:30:00	04:00:00	04:30:00	05:00:00	05:30:00	06:00:00	06:30:00	07:00:00	07:30:00	CUTOFF	
Average min/km	00:04:44	00:05:31	00:06:18	00:07:06	00:07:53	00:08:41	00:11:03	00:10:15	00:11:03	00:11:50		
Run time at CP1 (19km)	01:29:56	01:44:49	01:59:42	02:14:54	02:29:47	02:44:59	03:29:57	03:14:45	03:29:57	03:44:50		
Clock time at CP1 (19km)	08:29:56	08:44:49	08:59:42	09:14:54	09:29:47	09:44:59	10:29:57	10:14:45	10:29:57	10:44:50		10:50:00
Run time at Finish (38km)	02:59:52	03:29:38	03:59:24	04:29:48	04:59:34	05:29:58	06:59:54	06:29:30	06:59:54	07:29:40		07:30:00
Clock time at Finish (38km)	09:59:52	10:29:38	10:59:24	11:29:48	11:59:34	12:29:58	13:59:54	13:29:30	13:59:54	14:29:40	14h30	

JMC LITE 24km pacing chart

Sub:	01:30:00	02:00:00	02:30:00	03:00:00	03:30:00	04:00:00	04:35:00	Cutoff
Average min/km	00:03:44	00:04:59	00:06:14	00:07:29	08:02:29	00:08:44	00:11:27	
Run time at Finish (24km)	01:29:36	01:59:36	02:29:36	02:59:36	00:59:47	03:29:36	04:34:48	
Clock time at Finish (24km)	09:59:36	10:29:36	10:59:36	11:29:36	09:29:47	11:59:36	13:04:48	13:05:00

