



HMC 24km 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	CUTOFF
Average min/km	00:07:29	00:08:44	00:09:59	00:11:14	00:12:29	00:13:44	00:14:59	00:16:14	00:17:29	
Average min/km for 11,3km cut-off								00:15:55	00:15:55	
Run time at 11,3km	01:24:34	20:50:41	01:52:49	02:06:56	02:21:04	02:35:11	02:49:19	02:59:52	02:59:52	
Clock time at 11,3km	08:24:34	03:50:41	08:52:49	09:06:56	09:21:04	09:35:11	09:49:19	09:59:51	09:59:51	10:00:00
Average min/km for FINISH cut-off								00:16:14	00:17:29	
Run time at Finish (24km)	02:59:36	03:29:36	03:59:36	04:29:36	04:59:36	05:29:36	05:59:36	06:29:36	06:59:36	07:00:00
Clock time at Finish (24km)	09:59:36	10:29:36	10:59:36	11:29:36	11:59:36	12:29:36	12:59:36	13:29:36	13:59:36	14h00

