

The Virgin London Marathon pace guide

If you're planning to complete the Virgin London Marathon in a set time, here's a guide to when you should reach each mile marker.

How to use this table

For an example of how to use this table, we've highlighted roughly how long it should take you to reach mile 6 if you were planning to finish the race in 3 hours 30 minutes.

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