

# Indy Women's

half marathon • 5K

## First and Last Runner Time Grid by Mile

<b>HALF MARATHON = 7:30 AM Start</b>		
	6:00 pace	18 min pace + 8 Minute
Miles	First Runner	Last Walker
<b>START</b>	7:30:00 AM	7:38:00 AM
<b>1</b>	7:36:00 AM	7:56:00 AM
<b>2</b>	7:42:00 AM	8:14:00 AM
<b>3</b>	7:48:00 AM	8:32:00 AM
<b>4</b>	7:54:00 AM	8:50:00 AM
<b>5</b>	8:00:00 AM	9:08:00 AM
<b>6</b>	8:06:00 AM	9:26:00 AM
<b>7</b>	8:12:00 AM	9:44:00 AM
<b>8</b>	8:18:00 AM	10:02:00 AM
<b>9</b>	8:24:00 AM	10:20:00 AM
<b>10</b>	8:30:00 AM	10:38:00 AM
<b>11</b>	8:36:00 AM	10:56:00 AM
<b>12</b>	8:42:00 AM	11:14:00 AM
<b>13</b>	8:48:00 AM	11:32:00 AM
<b>FINISH</b>	<b>8:49:00 AM</b>	<b>11:34:00 AM</b>

<b>5K = 7:30 AM Start</b>		
	5:48 min pace	20 min pace + 10 MIN
Miles	First Runner	Last Walker
<b>START</b>	7:30:00 AM	7:40:00 AM
<b>1</b>	7:35:48 AM	8:00:00 AM
<b>2</b>	7:41:36 AM	8:20:00 AM
<b>3</b>	7:47:24 AM	8:40:00 AM
<b>FINISH</b>	<b>7:48:00 AM</b>	<b>8:50:00 AM</b>