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| **OLD MUTUAL TWO OCEANS HALF MARATHON 2019**  **PACING CHART** | | | | | | | | | |
| By Coachnorrie norrie@coachnorrie.co.za www.coachnorrie.co.za | | | | | | | | | |
|  | **1 hour 30 minutes** | **1 hour 45 minutes** | **2 hours** | **2 hours 15 minutes** | **2hours 30 minutes** | **2 hours 45 minutes** | **3 hours** | **3 hours 20 minutes** |  |
| **Edinburgh bridge 3.7km** | 17 minutes 15 seconds | 20 minutes 20 seconds | 23 minutes 25 seconds | 26 minutes 35 seconds | 29 Minutes 25 seconds | 33 minutes 45 seconds | 37 minutes 10 seconds | 41 minutes 15 seconds | **Edinburgh Bridge 3.7km** |
| **Spaanschemat River Road 8km** | 33 minutes 55 seconds | 39 minutes 25 seconds | 44 minutes 40 seconds | 49 minutes 40 seconds | 54 Minutes | 1 hour 0 minutes 40 seconds | 1 hour 5 minutes 15 seconds | 1 hour 10 minutes 10 second | **Spaanschemat River Road 8km** |
| **Kirstenbosch top gate 15.5km** | 1 hour 6 minutes 55seconds | 1 hour 18 minutes 40 seconds | 1 hour 30 minutes 30 seconds | 1 hour 42 minutes 45 seconds | 1 hour 55 minutes 40 seconds | 2 hours 7 minutes 5 seconds | 2 hours 20 minutes 10 seconds | 2 hours 38 minutes 35 seconds | **Kirstenbosch top gate 15.5km** |
| **Chet’s Hill 18.1km** | 1 hour 17 minutes 30 seconds | 1 hour 30 minutes 30 seconds | 1 hour 43 minutes 40 seconds | 1 hour 56 minutes 55 seconds | 2 hours 10 Minutes 35 seconds | 2 hours 23 minutes 20 seconds | 2 Hours 37 Minutes | 2 hours 52 minutes 45 seconds | **Chet’s Hill 18.1km** |
| **Finish** | 1 hour 30 minutes | 1 hour 45 minutes | 2 hours | 2 hours 15 minutes | 2 hours 30 minutes | 2 hours 45 minutes | 3 hour | 3 hours 20 minutes | **Finish** |
| **Equivalent 5k** | 18:05 | 23:10 | 26:22 | 30:40 | 32:50 | 37:35 | 39:00 | 43:30 | **Equivalent 5k** |
| **Equivalent 10k** | 37:00 | 48:00 | 54:44 | 1:03:46 | 1:08:20 | 1:18:00 | 1:21:15 | 90:00 | **Equivalent 10k** |