

# MILES 23 TO 26

THE HOME STRETCH: LONDON BRIDGE – THE MALL



REAL-TIME PACE GUIDE								
Mile	W'chair Men	W'chair Women	IPC	Elite Women	Elite Men	3:30Hr pace	4:30Hr pace	6:00Hr pace
23	10:13	10:27	11:07	11:17	11:49	13:04	13:56	15:15
24	10:17	10:31	11:12	11:23	11:54	13:12	14:06	15:29
25	10:20	10:35	11:18	11:28	11:59	13:20	14:17	15:42
26	10:24	10:39	11:23	11:33	12:03	13:28	14:27	15:56
26.2	10:25	10:40	11:25	11:35	12:05	13:30	14:30	16:00