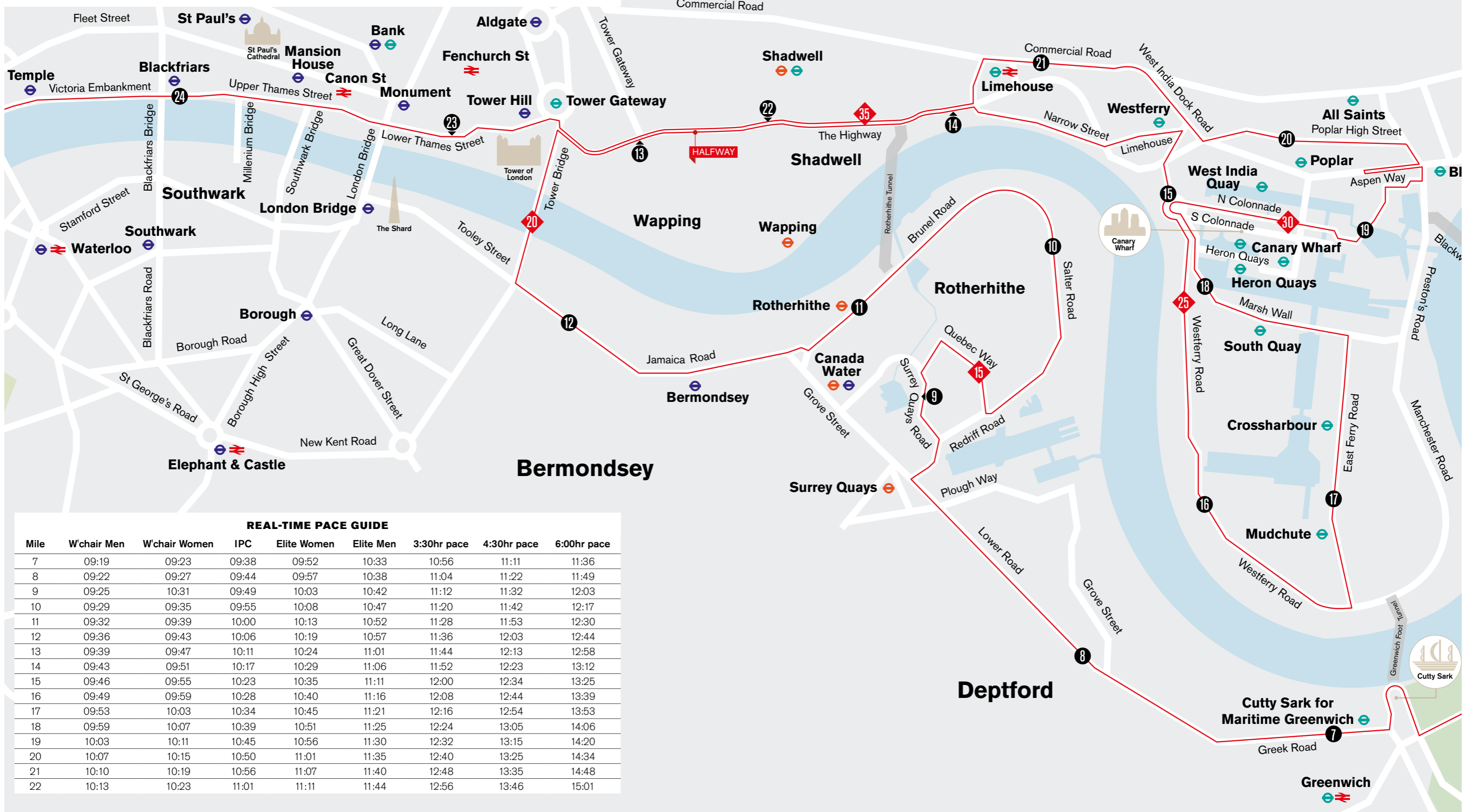


MILES 7 TO 22

GREENWICH – THE TOWER – THE ISLE OF DOGS



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
7	09:19	09:23	09:38	09:52	10:33	10:56	11:11	11:36
8	09:22	09:27	09:44	09:57	10:38	11:04	11:22	11:49
9	09:25	10:31	09:49	10:03	10:42	11:12	11:32	12:03
10	09:29	09:35	09:55	10:08	10:47	11:20	11:42	12:17
11	09:32	09:39	10:00	10:13	10:52	11:28	11:53	12:30
12	09:36	09:43	10:06	10:19	10:57	11:36	12:03	12:44
13	09:39	09:47	10:11	10:24	11:01	11:44	12:13	12:58
14	09:43	09:51	10:17	10:29	11:06	11:52	12:23	13:12
15	09:46	09:55	10:23	10:35	11:11	12:00	12:34	13:25
16	09:49	09:59	10:28	10:40	11:16	12:08	12:44	13:39
17	09:53	10:03	10:34	10:45	11:21	12:16	12:54	13:53
18	09:59	10:07	10:39	10:51	11:25	12:24	13:05	14:06
19	10:03	10:11	10:45	10:56	11:30	12:32	13:15	14:20
20	10:07	10:15	10:50	11:01	11:35	12:40	13:25	14:34
21	10:10	10:19	10:56	11:07	11:40	12:48	13:35	14:48
22	10:13	10:23	11:01	11:11	11:44	12:56	13:46	15:01