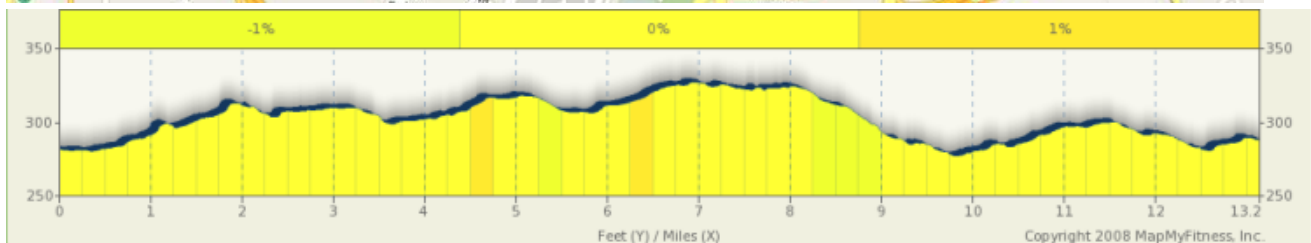
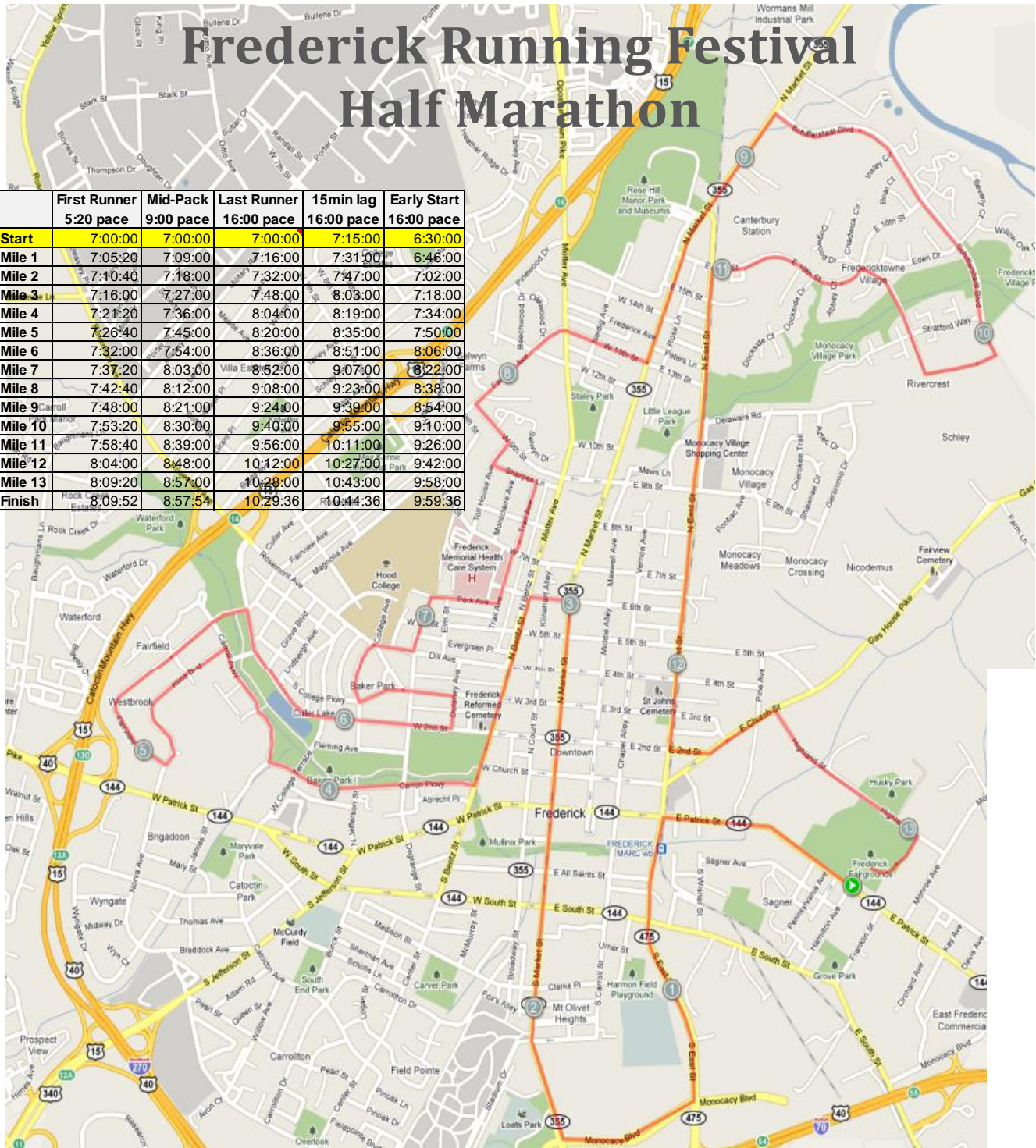


# Frederick Running Festival Half Marathon

	First Runner 5:20 pace	Mid-Pack 9:00 pace	Last Runner 16:00 pace	15min lag 16:00 pace	Early Start 16:00 pace
<b>Start</b>	<b>7:00:00</b>	<b>7:00:00</b>	<b>7:00:00</b>	<b>7:15:00</b>	<b>6:30:00</b>
<b>Mile 1</b>	7:05:20	7:09:00	7:16:00	7:31:00	6:46:00
<b>Mile 2</b>	7:10:40	7:18:00	7:32:00	7:47:00	7:02:00
<b>Mile 3</b>	7:16:00	7:27:00	7:48:00	8:03:00	7:18:00
<b>Mile 4</b>	7:21:20	7:36:00	8:04:00	8:19:00	7:34:00
<b>Mile 5</b>	7:26:40	7:45:00	8:20:00	8:35:00	7:50:00
<b>Mile 6</b>	7:32:00	7:54:00	8:36:00	8:51:00	8:06:00
<b>Mile 7</b>	7:37:20	8:03:00	8:52:00	9:07:00	8:22:00
<b>Mile 8</b>	7:42:40	8:12:00	9:08:00	9:23:00	8:38:00
<b>Mile 9</b>	7:48:00	8:21:00	9:24:00	9:39:00	8:54:00
<b>Mile 10</b>	7:53:20	8:30:00	9:40:00	9:55:00	9:10:00
<b>Mile 11</b>	7:58:40	8:39:00	9:56:00	10:11:00	9:26:00
<b>Mile 12</b>	8:04:00	8:48:00	10:12:00	10:27:00	9:42:00
<b>Mile 13</b>	8:09:20	8:57:00	10:28:00	10:43:00	9:58:00
<b>Finish</b>	<b>8:09:52</b>	<b>8:57:54</b>	<b>10:29:36</b>	<b>10:44:36</b>	<b>9:59:36</b>



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