

# TURKISTAN MARATHON



## OFFICIAL PACE BAND

**Finish time 02:15:00**

SPLIT	TIME
1 km	00:06:23
2 km	00:12:47
3 km	00:19:11
4 km	00:25:35
5 km	00:31:59
6 km	00:38:23
7 km	00:44:47
8 km	00:51:11
9 km	00:57:35
10 km	01:03:59
11 km	01:10:23
12 km	01:16:47
13 km	01:23:11
14 km	01:29:35
15 km	01:35:59
16 km	01:42:23
17 km	01:48:46
18 km	01:55:10
19 km	02:01:34
20 km	02:07:58
21 km	02:14:22
21.1 km	02:14:59

# FINISH!

# 02:15:00



COURAGE  
TO BE  
THE FIRST!



# TURKISTAN MARATHON



## OFFICIAL PACE BAND

**Finish time 01:59:00**

SPLIT	TIME
1 km	00:05:38
2 km	00:11:16
3 km	00:16:55
4 km	00:22:33
5 km	00:28:12
6 km	00:33:50
7 km	00:39:29
8 km	00:45:07
9 km	00:50:45
10 km	00:56:24
11 km	01:02:02
12 km	01:07:41
13 km	01:13:19
14 km	01:18:58
15 km	01:24:36
16 km	01:30:14
17 km	01:35:53
18 km	01:41:31
19 km	01:47:10
20 km	01:52:48
21 km	01:58:27
21.1 km	01:59:00

# FINISH!

# 01:59:00



COURAGE  
TO BE  
THE FIRST!



# TURKISTAN MARATHON



## OFFICIAL PACE BAND

**Finish time 01:45:00**

SPLIT	TIME
1 km	00:04:58
2 km	00:09:57
3 km	00:14:55
4 km	00:19:54
5 km	00:24:53
6 km	00:29:51
7 km	00:34:50
8 km	00:39:48
9 km	00:44:47
10 km	00:49:46
11 km	00:54:44
12 km	00:59:43
13 km	01:04:42
14 km	01:09:40
15 km	01:14:39
16 km	01:19:37
17 km	01:24:36
18 km	01:29:35
19 km	01:34:33
20 km	01:39:32
21 km	01:44:31
21.1 km	01:44:59

# FINISH!

# 01:45:00



COURAGE  
TO BE  
THE FIRST!



# TURKISTAN MARATHON



## OFFICIAL PACE BAND

**Finish time 01:39:00**

SPLIT		TIME
1 km		00:04:41
2 km		00:09:23
3 km		00:14:04
4 km		00:18:46
5 km		00:23:27
6 km		00:28:09
7 km		00:32:50
8 km		00:37:32
9 km		00:42:14
10 km		00:46:55
11 km		00:51:37
12 km		00:56:18
13 km		01:01:00
14 km		01:05:41
15 km		01:10:23
16 km		01:15:04
17 km		01:19:46
18 km		01:24:28
19 km		01:29:09
20 km		01:33:51
21 km		01:38:32
21.1 km		01:39:00

# FINISH!

# 01:39:00



COURAGE  
TO BE  
THE FIRST!



# **TURKISTAN MARATHON**



## **OFFICIAL PACE BAND**

**Finish time 01:29:00**

<b>SPLIT</b>	<b> </b>	<b>TIME</b>
1 km		00:04:13
2 km		00:08:26
3 km		00:12:39
4 km		00:16:52
5 km		00:21:05
6 km		00:25:18
7 km		00:29:31
8 km		00:33:44
9 km		00:37:58
10 km		00:42:11
11 km		00:46:24
12 km		00:50:37
13 km		00:54:50
14 km		00:59:03
15 km		01:03:16
16 km		01:07:29
17 km		01:11:42
18 km		01:15:56
19 km		01:20:09
20 km		01:24:22
21 km		01:28:35
21.1 km		01:29:00

# **FINISH!**

# **01:29:00**



**COURAGE  
TO BE  
THE FIRST!**



**TURKISTAN  
MARATHON**



## OFFICIAL PACE BAND

**Finish time 00:40:00**

---

**1 KM  
00:04:00**

**2 KM  
00:08:00**

**3 KM  
00:12:00**

**4 KM  
00:16:00**

**5 KM  
00:20:00**

**6 KM  
00:24:00**

**7 KM  
00:28:00**

**8 KM  
00:32:00**

**9 KM  
00:36:00**

**10 KM  
00:40:00**

**FINISH!**  
**00:40:00**



**COURAGE  
TO BE  
THE FIRST!**



**TURKISTAN  
MARATHON**



## OFFICIAL PACE BAND

**Finish time 00:50:00**

---

**1 KM  
00:05:00**

**2 KM  
00:10:00**

**3 KM  
00:15:00**

**4 KM  
00:20:00**

**5 KM  
00:25:00**

**6 KM  
00:30:00**

**7 KM  
00:35:00**

**8 KM  
00:40:00**

**9 KM  
00:45:00**

**10 KM  
00:50:00**

**FINISH!  
00:50:00**



COURAGE  
TO BE  
THE FIRST!



**TURKISTAN  
MARATHON**



## OFFICIAL PACE BAND

**Finish time 01:00:00**

---

**1 KM  
00:06:00**

**2 KM  
00:12:00**

**3 KM  
00:18:00**

**4 KM  
00:24:00**

**5 KM  
00:30:00**

**6 KM  
00:36:00**

**7 KM  
00:42:00**

**8 KM  
00:48:00**

**9 KM  
00:54:00**

**10 KM  
01:00:00**

# FINISH!

# 01:00:00



COURAGE  
TO BE  
THE FIRST!





**TURKISTAN  
MARATHON**



## OFFICIAL PACE BAND

**Finish time 01:10:00**

---

**1 KM  
00:07:00**

**2 KM  
00:14:00**

**3 KM  
00:21:00**

**4 KM  
00:28:00**

**5 KM  
00:35:00**

**6 KM  
00:42:00**

**7 KM  
00:49:00**

**8 KM  
00:56:00**

**9 KM  
01:03:00**

**10 KM  
01:10:00**

**FINISH!**  
**01:10:00**



COURAGE  
TO BE  
THE FIRST!



**TURKISTAN  
MARATHON**



## OFFICIAL PACE BAND

**Finish time 01:30:00**

---

**1 KM  
00:09:00**

**2 KM  
00:18:00**

**3 KM  
00:27:00**

**4 KM  
00:36:00**

**5 KM  
00:45:00**

**6 KM  
00:54:00**

**7 KM  
01:03:00**

**8 KM  
01:12:00**

**9 KM  
01:21:00**

**10 KM  
01:30:00**

**FINISH!**  
**01:30:00**



COURAGE  
TO BE  
THE FIRST!



# TURKISTAN MARATHON



## OFFICIAL PACE BAND

**Finish time 04:15:00**

SPLIT		TIME
1 km		00:06:03
3 km		00:18:08
5 km		00:30:13
7 km		00:42:18
9 km		00:54:23
11 km		01:06:29
13 km		01:18:34
15 km		01:30:39
17 km		01:42:44
19 km		01:54:49
21.1 km		02:07:30
22 km		02:12:57
24 km		02:25:02
26 km		02:37:08
28 km		02:49:13
30 km		03:01:18
32 km		03:13:23
34 km		03:25:28
36 km		03:37:34
38 km		03:49:39
40 km		04:01:44
42 km		04:13:49

# FINISH!

# 04:15:00



COURAGE  
TO BE  
THE FIRST!



# TURKISTAN MARATHON



## OFFICIAL PACE BAND

Finish time **03:59:00**

SPLIT		TIME
1 km		00:05:40
3 km		00:17:00
5 km		00:28:19
7 km		00:39:39
9 km		00:50:59
11 km		01:02:18
13 km		01:13:18
15 km		01:24:58
17 km		01:36:17
19 km		01:47:37
21.1 km		01:59:30
22 km		02:04:37
24 km		02:15:56
26 km		02:27:16
28 km		02:38:36
30 km		02:49:56
32 km		03:01:15
34 km		03:12:35
36 km		03:23:55
38 km		03:35:14
40 km		03:46:34
42 km		03:57:54

# FINISH!

# 03:59:00



COURAGE  
TO BE  
THE FIRST!



# TURKISTAN MARATHON



## OFFICIAL PACE BAND

Finish time **03:45:00**

SPLIT		TIME
1 km		00:05:20
3 km		00:16:00
5 km		00:26:40
7 km		00:37:20
9 km		00:47:59
11 km		00:58:39
13 km		01:09:19
15 km		01:19:59
17 km		01:30:39
19 km		01:41:19
21.1 km		01:52:30
22 km		01:57:19
24 km		02:07:59
26 km		02:18:39
28 km		02:29:18
30 km		02:39:58
32 km		02:50:38
34 km		03:01:18
36 km		03:11:58
38 km		03:22:38
40 km		03:33:18
42 km		03:43:58

# FINISH!

# 03:45:00



COURAGE  
TO BE  
THE FIRST!



# TURKISTAN MARATHON



## OFFICIAL PACE BAND

**Finish time 03:39:00**

SPLIT	TIME
1 km	00:05:11
3 km	00:15:34
5 km	00:25:57
7 km	00:36:19
9 km	00:46:42
11 km	00:57:05
13 km	01:07:28
15 km	01:17:51
17 km	01:28:13
19 km	01:38:36
21.1 km	01:48:59
22 km	01:54:11
24 km	02:04:33
26 km	02:14:56
28 km	02:25:19
30 km	02:35:42
32 km	02:46:05
34 km	02:56:27
36 km	03:06:50
38 km	03:17:13
40 km	03:27:36
42 km	03:37:59

# FINISH!

# 03:39:00



COURAGE  
TO BE  
THE FIRST!



# TURKISTAN MARATHON



## OFFICIAL PACE BAND

**Finish time 03:29:00**

SPLIT		TIME
1 km		00:04:57
3 km		00:14:51
5 km		00:24:45
7 km		00:34:40
9 km		00:44:34
11 km		00:54:29
13 km		01:04:23
15 km		01:14:17
17 km		01:24:12
19 km		01:34:06
21.1 km		01:44:01
22 km		01:48:58
24 km		01:58:52
26 km		02:08:46
28 km		02:18:41
30 km		02:28:35
32 km		02:38:30
34 km		02:48:24
36 km		02:58:18
38 km		03:08:13
40 km		03:18:07
42 km		03:28:02

# FINISH!

# 03:29:00



COURAGE  
TO BE  
THE FIRST!

