Predict Your Marathon Finishing Time

Runners test in The South Loop (1.41 mi + 0.31 mi) – Central Park, New York

http://www.centralpark.com/usr/maps/CentralParkRunningMap.pdf

Run time	(VO^2ml/kgxmin)	Predicted Finishing Time
8 min 30 sec	81	2 h 31 min
9 min 00 sec	76	2 h 50 min
9 min 30 sec	71	3 h 00 min
10 min 00 sec	67	3 h 10 min
10 min 30 sec	63	3 h 20 min
11 min 00 sec	60	3 h 28 min
11 min 30 sec	57	3 h 38 min
12 min 00 sec	54	3 h 48 min
12 min 30 sec	51	4 h 04 min
13 min 00 sec	49	4 h 12 min
13 min 30 sec	47	4 h 21 min
14 min 00 sec	45	4 h 30 min
14 min 30 sec	43	4 h 40 min
15 min 00 sec	41	4 h 51 min
15 min 30 sec	39	5 h 06 min
16 min 00 sec	38	5 h 16 min
16 min 30 sec	36	5 h 33 min
17 min 00 sec	35	5 h 40 min

N.B. The predicted time is a finishing time on a day when everything works out for the best! The weather is right, no specific problems with your body and you are having a great day overall. This prediction is also only valid for those runners that have done sufficient amount of long (12-22 miles) slow runs (at talking pace) in order to make the body use fat as fuel.

The running times are, in addition to fitness, affected by knowledge of the specific track, running economy, motivation and environmental factors. The capacity prediction (VO^2max) in this test are based on speeds from the Cooper test formula. Cooper test in original has good correlation (r = 0.897) with the real test value. The assessment is that this 2768 meter trail corresponds to a 2934 meter flat circular track in a Coopertest. Then the capacity is calculated for the Marathon distance. When running this test, you should run the whole trail as fast as possible at an even speed. If you are older than 35 and not a experienced runner, please check with your GP before any running tests!

Reference: Margarie R, Cerretelli P, Aghemo p, et al. Energy cost of running. J Appl Physiol 1963; 18:367-370
Cooper, K, A Means of Assessing Maximal Oxygen Intake, JAMA, Jan 15, 1968, Vol 200, No 3 sid 135ff. **For more references or calculations, please contact**, stefan@ekodemos.se If you want this poster as a pdf (for free) or like to have a free fitnesstest at the north loop – check www.ekodemos.se