

# Time estimate at different location

	point 1	point 2	point 3	point 4	point 5	point 6	point 7	point 8	point 9	point 10	point 11	point 12	point 13	point 14	point 15	point 16	point 17	point 18	point 19	point 20	point 21															
	START	1km	2km	5km	6km	7km	8km	9km	10km	11km	12km	13km	14km	15km	17km	18km	20km	21km	22km	23km	24km	25km	26km	27km	29km	30km	31km	32km	33km	34km	35km	38km	40km	41km	FINISH	
Predicted finish time <small>(1km pace)</small>	 Nishi-Shinjuku Station	 Shinjuku Station	  Shinjuku-sanchome Station	  Ichigaya Station	   Iidabashi Station		 Jimbocho Station	  Shin-ochanomizu Station Awajicho Station			 Kanda Station	  Nishiombashi station	  Kayabacho Station	 Ningyocho Station		 Asakusa Station			 Kiyosumi-shirakawa Station	 Monzen-nakacho Station		 Monzen-nakacho Station	 Kiyosumi-shirakawa Station			  Kayabacho Station	 Kyobashi Station	   Ginza Station	  Hibiya Station			  Hibiya Station				
Wheelchair runner <small>(1min 55sec)</small>	9:05	9:07	9:09	9:14	9:16	9:18	9:20	9:22	9:24	9:26	9:28	9:29	9:31	9:33	9:37	9:39	9:43	9:44	9:46	9:48	9:50	9:52	9:54	9:56	9:59	10:01	10:03	10:05	10:07	10:09	10:11	10:16	10:20	10:22	10:24	
Leading runner <small>(2min 55sec)</small>	9:10	9:13	9:16	9:24	9:27	9:30	9:33	9:36	9:39	9:42	9:45	9:48	9:51	9:53	9:59	10:02	10:07	10:10	10:14	10:17	10:20	10:22	10:25	10:28	10:34	10:36	10:39	10:42	10:46	10:49	10:51	11:00	11:05	11:08	11:12	
sub-3-hour runner <small>(4min 16sec)</small>	9:10	9:14	9:18	9:31	9:35	9:39	9:44	9:48	9:52	9:56	10:01	10:05	10:09	10:14	10:22	10:26	10:35	10:39	10:43	10:48	10:52	10:56	11:00	11:05	11:13	11:18	11:22	11:26	11:30	11:35	11:39	11:52	12:00	12:04	12:10	
sub-3-hour 15min runner <small>(4min 37sec)</small>	9:11	9:15	9:20	9:34	9:38	9:43	9:47	9:52	9:57	10:01	10:06	10:11	10:15	10:20	10:29	10:34	10:43	10:47	10:52	10:57	11:01	11:06	11:11	11:15	11:24	11:29	11:34	11:38	11:43	11:47	11:52	12:06	12:15	12:20	12:26	
sub-3-hour 30min runner <small>(4min 59sec)</small>	9:12	9:16	9:21	9:36	9:41	9:46	9:51	9:56	10:01	10:06	10:11	10:16	10:21	10:26	10:36	10:41	10:51	10:56	11:01	11:06	11:11	11:16	11:21	11:26	11:36	11:41	11:46	11:51	11:56	12:01	12:06	12:21	12:31	12:36	12:42	
sub-3-hour 45min runner <small>(5min 20sec)</small>	9:13	9:18	9:23	9:39	9:45	9:50	9:55	10:01	10:06	10:11	10:17	10:22	10:27	10:33	10:43	10:49	10:59	11:05	11:10	11:15	11:21	11:26	11:31	11:37	11:47	11:53	11:58	12:03	12:09	12:14	12:19	12:35	12:46	12:51	12:58	
sub-4-hour runner <small>(5min 41sec)</small>	9:14	9:19	9:25	9:42	9:48	9:53	9:59	10:05	10:10	10:16	10:22	10:27	10:33	10:39	10:50	10:56	11:07	11:13	11:19	11:24	11:30	11:36	11:41	11:47	11:58	12:04	12:10	12:15	12:21	12:27	12:32	12:49	13:01	13:07	13:14	
sub-4-hour 15min runner <small>(6min 3sec)</small>	9:15	9:21	9:27	9:45	9:51	9:57	10:03	10:09	10:15	10:21	10:27	10:33	10:39	10:45	10:57	11:03	11:16	11:22	11:28	11:34	11:40	11:46	11:52	11:58	12:10	12:16	12:22	12:28	12:34	12:40	12:46	13:04	13:17	13:23	13:30	
sub-4-hour 30min runner <small>(6min 24sec)</small>	9:16	9:22	9:28	9:48	9:54	10:00	10:07	10:13	10:20	10:26	10:32	10:39	10:45	10:52	11:04	11:11	11:24	11:30	11:36	11:43	11:49	11:56	12:02	12:08	12:21	12:28	12:34	12:40	12:47	12:53	13:00	13:19	13:32	13:38	13:46	
sub-4-hour 45min runner <small>(6min 45sec)</small>	9:17	9:23	9:30	9:50	9:57	10:04	10:11	10:17	10:24	10:31	10:38	10:44	10:51	10:58	11:11	11:18	11:32	11:38	11:45	11:52	11:59	12:05	12:12	12:19	12:32	12:39	12:46	12:53	12:59	13:06	13:13	13:33	13:47	13:53	14:02	
sub-5-hour runner <small>(7min 7sec)</small>	9:18	9:25	9:32	9:53	10:00	10:07	10:14	10:22	10:29	10:36	10:43	10:50	10:57	11:04	11:18	11:26	11:40	11:47	11:54	12:01	12:08	12:15	12:23	12:30	12:44	12:51	12:58	13:05	13:12	13:19	13:27	13:48	14:02	14:09	14:18	
sub-5-hour 15min runner <small>(7min 28sec)</small>	9:19	9:26	9:33	9:56	10:03	10:11	10:18	10:26	10:33	10:41	10:48	10:56	11:03	11:11	11:25	11:33	11:48	11:55	12:03	12:10	12:18	12:25	12:33	12:40	12:55	13:03	13:10	13:17	13:25	13:32	13:40	14:02	14:17	14:25	14:34	
sub-5-hour 30min runner <small>(7min 49sec)</small>	9:20	9:27	9:35	9:59	10:06	10:14	10:22	10:30	10:38	10:45	10:53	11:01	11:09	11:17	11:32	11:40	11:56	12:04	12:11	12:19	12:27	12:35	12:43	12:51	13:06	13:14	13:22	13:30	13:37	13:45	13:53	14:17	14:32	14:40	14:50	
sub-5-hour 45min runner <small>(8min 11sec)</small>	9:21	9:29	9:37	10:01	10:10	10:18	10:26	10:34	10:42	10:51	10:59	11:07	11:15	11:23	11:40	11:48	12:04	12:12	12:21	12:29	12:37	12:45	12:53	13:01	13:18	13:26	13:34	13:42	13:51	13:59	14:07	14:31	14:48	14:56	15:06	
sub-6-hour runner <small>(8min 32sec)</small>	9:22	9:30	9:39	10:04	10:13	10:21	10:30	10:38	10:47	10:55	11:04	11:12	11:21	11:30	11:47	11:55	12:12	12:21	12:29	12:38	12:46	12:55	13:03	13:12	13:29	13:38	13:46	13:55	14:03	14:12	14:20	14:46	15:03	15:11	15:22	
sub-6-hour 15min runner <small>(8min 53sec)</small>	9:23	9:31	9:40	10:07	10:16	10:25	10:34	10:42	10:51	11:00	11:09	11:18	11:27	11:36	11:54	12:02	12:20	12:29	12:38	12:47	12:56	13:05	13:13	13:22	13:40	13:49	13:58	14:07	14:16	14:25	14:33	15:00	15:18	15:27	15:38	
sub-6-hour 30min runner <small>(9min 15sec)</small>	9:24	9:33	9:42	10:10	10:19	10:28	10:38	10:47	10:56	11:05	11:15	11:24	11:33	11:42	12:01	12:10	12:29	12:38	12:47	12:56	13:06	13:15	13:24	13:33	13:52	14:01	14:10	14:20	14:29	14:38	14:47	15:15	15:34	15:43	15:54	
sub-6-hour 45min runner <small>(9min 36sec)</small>	9:25	9:34	9:44	10:13	10:22	10:32	10:41	10:51	11:01	11:10	11:20	11:29	11:39	11:49	12:08	12:17	12:37	12:46	12:56	13:05	13:15	13:25	13:34	13:44	14:03	14:13	14:22	14:32	14:41	14:51	15:01	15:29	15:49	15:58	16:10	
Checkpoint				10:25 <small>(4.9km)</small>				11:00 <small>(9.2km)</small>						11:55 <small>(15.4km)</small>																						
Fluid Station				5.1km		7.5km			10.1km		12.5km			15.1km	17.2km		20.4km		22.0km			25.0km			27.0km		30.1km		32.0km			35.0km	38.1km	40.0km		

Start time and predicted passing times are for reference purposes only. We have calculated and adjusted the times for every 5km. Please note in advance that times can change depending on the runners' conditions.