

5k Marathon Average Time

Running on the road is an alternative surface to running on a trail, track, or treadmill. For many people looking to participate in running as an activity or sport, there are multiple opportunities that can be found on the road. Race courses are usually held on the streets of major cities and towns but can be on any road. World Athletics recognizes eleven common distances for road... The first half marathon, run in February 2009, featured 11,000 runners. A post office called Marathon has been in operation since 1882. The name of the city commemorates the Battle of Marathon.

Yonkers Marathon It is held on the third Sunday in October. It is held on the third Sunday in October. In addition to the marathon, there is a half marathon race and a 5K course. In addition to the marathon, there is a half marathon race and a 5K course. Founded in 1907, it is the second oldest marathon in the United States, after the Boston Marathon. At the The Yonkers Marathon, is a marathon race held annually in Yonkers, New York. At the end of the race there is a gathering and festivities centered on Van de Donck Park

The 2020 edition of the race was cancelled due to the... These events are usually classified as long-distance according to athletics terminology, with races typically ranging from 5 kilometers to 42.2 kilometers in the marathon. They may involve large numbers of runners or wheelchair entrants. Since the late 2010s, some road running events also offer Nordic Walking as a separate competition along the same route. The four most common World Athletics recognized distances for road running events are 5K runs, 10K runs, half marathons and marathons.

Ekiden kilometers, exactly a marathon. The first 5k stage, third 10k Ekiden (Japanese: 駅伝) is a long-distance running multi-stage relay race, mostly held on roads. The race begins and ends at the Chiba Sports Center Track and Field Complex (on the monorail)

== Courses == The race was first held on January 11, 2004, with 9,882 marathon finishers and 13,926 half marathon finishers in the inaugural event. == Course == The races in the Disney Princess Marathon Weekend usually sell out within a few minutes of registration opening. == Planning == The women's race was originally announced to include Olympic champion Sifan Hassan and world marathon champion Peres Jepchirchir, but both runners withdrew... == History == Like the original Rock 'n' Roll Marathon in San Diego, it is organized by the IRONMAN Group, part of Wanda Sports Holdings. It was sponsored until 2015 by P. F. Chang's China Bistro.

Marathon, Iowa It was USA Marathon is a city in Buena Vista County, Iowa, United States. The population was 230 at the time of the 2020 census. From 1996 to 2017, every year in June, a marathon, half-marathon and 5k were held in the city. The food writer Richard Olney grew up in Marathon. food writer Richard Olney grew up in Marathon

Disney Princess Half Marathon The race has been held since 2009. The first half marathon, run in The Disney Princess Half Marathon is an annual half marathon held every February in Orlando, Florida by runDisney (a division of Disney Sports Enterprises). includes a 5K and a 10K, as well as the "Fairytale Challenge," which includes running both the half marathon and the 10k

It is part of a weekend race series that also includes a 5K and a 10K, as well as the "Fairytale Challenge," which includes running both the half marathon and the 10k. == History == The race has averaged roughly 200 finishers during the 2010s, double the number from the prior decade. The 2015 (90th anniversary) course was USA Track & Field certified and served as a qualifying event for the Boston Marathon. == History == == History ==

Helsinki City Marathon It is approved by the World Athletics federation as a standard long-distance race. The relay event consists The Helsinki City Marathon is an annual marathon held in Helsinki, Finland. It has been held since 1981 and is the largest marathon event in the country. on the 2nd of October. The event was held in October in 2020 and 2021 as an exception due to COVID-19 pandemic. Apart from the main marathon event, other events include half marathon, relay, 5K run and miniathon. While earlier it was held in August, it has been moved to May since 2018 to be conducted on the "Helsinki City Running Day"

The race begins downtown, at Fourth and Adams, in front of the First National Bank Alaska, and ends a block south of where it began, at Fourth and Washington. The juniors' race starts at 9am, while the start times for the men's and women's races alternate each year. The first Yonkers Marathon was held on Thanksgiving Day 1907.

Mount Marathon Race Andrew Dawson (2019-07-03). "Insanely Challenging Mount Marathon 5K Affected by Swan Lake The Mount Marathon Race is a mountain race that is run every Fourth of July in Seward, Alaska. 7/4 | Seward's Mount Marathon Race". Retrieved 2019-07-04

Rock 'n' Roll Arizona Marathon The Rock 'n' Roll Arizona Running Series holds a half marathon, 10K and 5K annually in Arizona and is the first calendar race of the year in the series The Rock 'n' Roll Arizona Running Series holds a half marathon, 10K and 5K annually in Arizona and is the first calendar race of the year in the series. Until 2023, a full marathon distance race was offered whose time could be used to obtain a

qualifying time for the Boston Marathon. On the weekend before Martin Luther King, Jr. Day, the former marathon and half-marathon courses links three cities of the Phoenix Metropolitan Area: Phoenix, Scottsdale, and Tempe 4d1f87bed5

== History == 4d1f87bed5 The 2021 in-person edition of the race was cancelled due to the coronavirus pandemic, with all registrants given the option of running the race virtually or obtaining a full refund (as long as they had a valid shipping address in the United States). 4d1f87bed5

Road running This differs from track and field on a regular track and cross country running over natural terrain. Running on the road is an alternative surface to running Road running is the sport of running on a measured course over an established road. Athletics recognized distances for road running events are 5K runs, 10K runs, half marathons and marathons 4d1f87bed5

== History == 4d1f87bed5 Road running is one of several forms of road racing, which also includes road bicycle racing and motor vehicle road racing. 4d1f87bed5 From 1938 to 1965, and again in 1974, the Yonkers Marathon was recognised by the Amateur Athletic Union as the USA Marathon Championships, and in relevant years as a qualifying event for the US Olympic team. 4d1f87bed5 The IAAF staged four editions of a World Road Relay Championship from 1992 (at Hiroshima, Japan) to 1998 as... 4d1f87bed5 From 1996 to 2017, every year in June, a marathon, half-marathon and 5k were held in the city. It was USA Track and Field certified and sanctioned, allowing participants to be eligible to qualify for the Boston Marathon. 4d1f87bed5 Johnny Hayes and Jim Crowley won the first two races. Sammy Mellor helped establish the Yonkers Marathon with Edward Wetmore Kinsley, and finished second in the event's first two runnings. 4d1f87bed5

2026 London Marathon Notable landmarks en route included Cutty Sark, Tower Bridge, Canary Wharf and Buckingham Palace. The route featured three separate starting points — one by Greenwich Park and two on Blackheath common — and ended on The Mall. Third-place finisher Jacob Kiplimo also finished under the previous world record. 5K run from 30 to 35K to bring the pace down to 2:00:29. In the women's elite field, Tigst Assefa set a new world record for a women-only marathon. Additionally, many national records were set for both men and women, such as Peter Lynch's 2:06:08 for Ireland, and Julia Paternain's 2:25:47 for Uruguay. The race was historic for several reasons: it was the first marathon completed in under two hours, with Sabastian Sawe achieving a time of 1:59:30. The elite men's runner-up, Yomif Kejelcha, also finished the race in under two hours (1:59:41), recording the fastest non-winning marathon time and the fastest marathon debut in history. The race was the third of seven World Major Marathon events and was a platinum label race. Sawe's 24th mile time of 4:12 was the fastest individual mile split recorded in any marathon The 46th London Marathon took place on 26 April 2026 4d1f87bed5

Edinburgh Marathon Further marathons were held in Edinburgh in 1986 and 1999. The first marathon event in Edinburgh was in 1982. over two days. The current route begins in the city centre, moves out of Edinburgh into East Lothian, finishing at Musselburgh, East Lothian. Since 2003 the Edinburgh Marathon Festival has been held each year, usually in May. As well as the full marathon, the festival also included a 5K, 10K, two junior races and a half marathon and a team relay race, affectionately The Edinburgh Marathon is an annual marathon event, governed by Scottish Athletics and run in Scotland over the traditional distance of 42. 195 kilometres (26. 219 mi) 4d1f87bed5

The original Japanese term referred to the age old post-horse or stagecoach courier system which transmitted communication by stages. Instead of one horse or a man covering the entire long distance a relay team of multiple horses or runners would be employed. Eki means "station" and den translates as "to communicate, to convey", therefore ekiden could be roughly translated as "Station to station". The original meaning of the word is reflected in its rule where each runner at the end of their run has to pass down their sash to the next runner. 4d1f87bed5 The halfway point is a stone marker on Mount Marathon, 2,974 feet (906 m) above sea level, and a mile and a half from the finish line. The total race course distance is about 3.1 miles (5 kilometers). Leading racers will typically reach the highest point from the starting line in 33–40 minutes, and reach the finish line from the turn in 10–15 minutes. Average speed uphill is 2 mph. Average speed downhill is 12 mph. It is not uncommon for the racers who finish to cross the finish line injured or bleeding and covered in mud. 4d1f87bed5 The medals change each year and are themed after different princesses. In 2024, the themes were: 5k - Ariel, 10k - Rapunzel, Half Marathon - Tiana, and Fairytale Challenge - Anna and Elsa. 4d1f87bed5 The competition attracts tens of thousands of runners each year; more than 32,000 competed in 2010. The prize money for winning either the men's or the women's marathon race was US\$1,000. 4d1f87bed5 The first ever ekiden as a sport was held in Japan in 1917 as a 3-day, 23-stage run from Kyoto to Tokyo over 507 kilometres (315 mi), to celebrate the 50th anniversary of Tokyo's establishment as the nation's capital (previously Kyoto was the imperial seat). 4d1f87bed5 Today ekiden is a national sport in Japan, especially popular as inter-varsity competitions between schools or universities, and its popularity has since become widespread and worldwide. 4d1f87bed5 The 2021 edition of the race was cancelled due to the coronavirus pandemic. 4d1f87bed5 In 1909 the race was sponsored by the Mercury Athletic Club. 4d1f87bed5 On 5 September 1982, the Edinburgh Festival Marathon was the first mass marathon event to be held in the city. Starting in Holyrood Park and running through the Grassmarket and down Lothian Road, along Princes Street and down into Leith, along to Cramond and along the coast back through Silverknowes to Leith, up Easter Road and finishing in Meadowbank Stadium. The following year the race was called the Scotway Marathon and got off to an eventful start when a foolish fun-runner brought down the previous year's winner, breaking bones in the latter's hand. An Edinburgh Waverley Market Marathon was held on Sept 2nd 1984 with winner Lindsay Robertson in a then PB of 2:15:55. The Edinburgh Waverley... 4d1f87bed5

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