

Marathon Pace Chart



MILE PACE	MARATHON TIME	MILE PACE	MARATHON TIME
4:30	1:57:59	9:45	4:15:38
4:45	2:04:32	10:00	4:22:11
5:00	2:11:06	10:15	4:28:45
5:15	2:17:39	10:30	4:35:06
5:30	2:24:12	10:45	4:41:51
5:45	2:30:45	11:00	4:48:24
6:00	2:37:19	11:15	4:54:45
6:15	2:43:52	11:30	5:01:31
6:30	2:50:25	11:45	5:08:04
6:45	2:56:59	12:00	5:14:38
7:00	3:03:32	12:15	5:21:11
7:15	3:10:05	12:30	5:27:44
7:30	3:16:38	12:45	5:34:17
7:45	3:23:12	13:00	5:40:51
8:00	3:29:45	13:15	5:47:24
8:15	3:36:18	13:30	5:53:57
8:30	3:42:52	13:45	6:00:30
8:45	3:49:25	14:00	6:07:04
9:00	3:55:58	14:15	6:13:37
9:15	4:02:31	14:30	6:20:10
9:30	4:09:05	14:45	6:26:44



Marathon The Official Strategy Guide

Rick Barba



Marathon The Official Strategy Guide:

Marathon Tuncer Deniz,1995 Inside this book you will find game winning maps detailing every level of play Alien defeating strategies hard hitting modem and network tactics and more **Quake Strategy Guide** Kip Ward, Mike Vanmantgem,1996 Quake is destined to be the smash hit sequel to Doom and Doom II Now this guide provides strategies necessary to complete the game plus inside information about how the computer artificial intelligence creates opportunities for success Maps for early levels are included along with hints as to where encounters and treasures lurk and more

Nintendo 64 Power Pocket Guide Nick Roberts,1997-01-22 Killer Codes Cheats Tips and More Cruis N USA Killer Instinct Gold Mario Kart 64 Mortal Kombat Trilogy Shadows of the Empire Wave Race Wayne Gretzky 3D Hockey Super Mario 64 PilotWingsAbout the Author Prima Creative Services is a team of gaming experts that has produced over 60 strategy guides for Prima Publishing and collectively has two decades of experience in the gaming magazine field *The Official Rock Paper Scissors Strategy Guide* Douglas Walker, Graham Walker,2004-10-12 Rock Paper Scissors RPS the ultimate decision making tool is played the world over By the late twentieth century however the sport s illustrious governing body the World Rock Paper Scissors Society had fallen on hard times It was then that brothers Douglas and Graham Walker boldly took up the challenge to restore the World RPS Society to its former glory and now they bring you the ultimate strategy guide to this time honored game The Official Rock Paper Scissors Strategy Guide covers the whole RPS scene from the school yard to the pro level including RPS culture around the world the personality behind each throw and secrets of the RPS masters Learn how to intimidate your opponent and anticipate his next move Get the answers to burning questions such as Does Rock crush Scissors or are Scissors dulled by Rock and Who invented RPS Forget about flipping a coin or consulting your Magic 8 Ball Rock Paper Scissors is the only decision making tool anyone needs **Microsoft Flight Simulator 5.1** Nick Dargahi,1995-11-08 For power users and beginners alike this book has it all including the basics of flying the instrument landing system the weather generator dual player modem play the scenery manager and how to use advanced navigational techniques to fly around the world using the on board GPS and VOR NDB navigational radio equipment Navigate transoceanic and intercontinental flights using the complete and exhaustive list of worldwide VOR NDB navigational radio beacons included here Access the new autopilot features directly from your keyboard Modify your weather with extraordinary new hazing fog thunderstorms clouds and low visibility features Discover the hidden Easter egg scenery including Mt rushmore the Egyptian Pyramids the Leaning Tower of Pisa the Kremlin and the Taj Mahal Learn how to configure and optimize FS 5 1 to run under Windows 95 **WarWind** Rod Harten, Michael Knight,1996 Alien races magic and the forces of nature on the planet Yavaun are yours to master unless they master you first Seize control with War Wind The Official Strategy Guide It gives you Background on each of the four races abilities and spells Detailed strategy for all seven scenarios of each race s campaign Separate strategy sections for built in scenarios Advice on natural hazards Tips on

diplomacy magic and resource management Cheat codes for maps resources gameplay and more About the Authors Rod Harten is a technical editor for Prima and a contributor to Prima's 3D Action Gamer's Bible Michael Knight has developed and written computer war game scenarios and is the author of Steel Panthers The Official Strategy Guide Prima **Mortal Kombat 3** Simon Hill, 1995 Learn how to become a tournament warrior Master all the moves and combinations that will ensure the survival of your mortal soul Mortal Kombat 3 Official Power Play Guide reveals all the secrets that will make you unbeatable Reveals the secrets that will make you unbeatable 1000 color shots Moves attacks and combinations in awesome Kombat Kolor Pro Moves Fatalities babalites friendships all new animalities Microsoft Flight Simulator for Windows 95 Bart Farkas, Douglas Kiang, 1997 Fly through more than 100 new airports encounter challenging weather effects and death defying crash landings until the player successfully pilots through all scenarios with advanced navigational techniques and lands safely This book covers important Windows 95 information Includes cross country and navigational maps **Mech Warrior 2** Joe Grant Bell, 1995 First it was BattleTech Then it was MechWarrior Now MechWarrior 2 the ultimate Mech game has escaped from the tabletop dimensions of its forebears into cyberspace MechWarrior 2 The Official Strategy Guide is the key to victory **Duke Nukem 3D Construction Kit** Joe Grant Bell, 1996 Duke Nukem 3D is the next generation of Doom style games The full version allows gamers to modify existing levels and monsters or even generate whole new levels obstacles and monsters The guide will feature all the tips and strategies the Duke Nukem 3D players need to shoot through the 30 mission levels The main focus of the text will be on how to use the game editor step by step **The X Files** Rick Barba, 1998 An in depth walkthrough of the entire game Detailed lists of all the eerie items you'll find in your quest for the truth A quick trip walkthrough for special agents on the move About the Author Rick Barba is the author of more than 30 computer game strategy guides for Prima Publishing including the official guides for Tex Murphy Overseer The Journeyman Project 3 Legacy of Time Jedi Knight Dark Forces II and Riven The Sequel to Myst He also wrote Myst The Official Strategy Guide Prima the best selling guide of all time with more than 1 million copies in print **SimIsle** Douglas R. Brumley, Selby Bateman, Phill Powell, 1996 **Lords of the Realm II** Bart Farkas, 1997 Life's tough in the 13th century The peasants demand food the blacksmith needs iron the battles are bloody Not to worry GetLords of the Realm II The Official Strategy Guide and learn How to feed your people and forge your weapons Strategy options and their effects Details on weapons castles and terrain The art of diplomacy the velvet glove and the mailed fist The finer points of computer or head to head play About the Author Bart Farkas is Editor in Chief of Inside Mac Games and the author of Wing Commander IV Unauthorized Secrets and Solutions Prima **Buried in Time** Laurie Yates, Bill Kunkel, 1995 *Blast Corps Unauthorized Game Secrets* Anthony James, Anthony Lynch, 1997 Those aren't Tonka Trucks and this ain't no sandbox When nuclear holocaust is at stake you'll do what it takes to clear the quickest path Destruction Demolition No problem Tips Strategies We've got 'em Inside you'll find Operating tips for every piece of equipment at your disposal Exclusive maps for the main levels Gold medal strategies

for every main and bonus level All buildings satellite dishes vehicles and scientists revealed And much more This game is one delicious vicious circle no sooner do you save the Earth than you have to blast off for the Moon and other planets Avoid the Big Bang with Blast Corps Unauthorized Game Secrets About the Author Anthony James is the author of Twisted Metal 2 Unauthorized Game Secrets Vandal Hearts Unauthorized Secrets and Solutions and Deception Unauthorized Game Secrets all from Prima *The 11th Hour* Rusel DeMaria,Alex Uttermann,1996 Detailed puzzle strategies and solutions Locations of all the treasure hunt items **Thunderscape** Peter Olafson,1995-10-25 Welcome to the world of Aden where steam age technology meets ancient sorcery Great warriors ride across the battered lands to battle the evil hordes known only as nocturnals Unless a leader a true hero rises to lead the way many fear that Aden will fall Might and Magic VI Ted Chapman,Chapman Edward,1997-10 Complete walkthroughs of all major quests Complete character stats Unbeatable strategies for all scenarios Extensive monster tables Exhaustive spell and skill lists Detailed maps About the Author Ted Chapman is a freelance writer and technical editor with many years experience in the gaming industry He has authored One The Official Strategy Guide Politika The Official Strategy Guide Take No Prisoners The Official Strategy Guide Blood The Official Strategy Guide and Warlords III The Official Strategy Guide from Prima **CD-ROM Classics** Rick Barba,Michael Knight,Rod Harten,1997-04-30 Prima's back to guide you through the most challenging and enduring PC games available 15 games in all There's no fluff here the most bare bones yet complete methods for defeating your favorite games are within the pages of CD Rom Game Classics Volume 2 One guide fifteen games Including Command Conquer Command Conquer Red Alert Crusader No Regret Diablo Duke Nukem 3D Leisure Suit Larry Love for Sail MechWarrior II Mercenaries Myst Pandora Directive Phantasmagoria II Quake Sid Meier's Civilization II Timelapse WarCraft II Zork Nemesis About the Authors Rick Barba is a game designer and author or co author of numerous game books including Myst The Official Strategy Guide Michael Knight is a technical editor and the author of Prima's Steel Panthers II The Official Strategy Guide Rod Harten is a technical editor for Prima and co author of Heroes of Might and Magic II The Price of Loyalty The Official Strategy Guide

Zork Nemesis Rick Barba,1995-05 A brand new entry into the world famous Zork series by all indications Zork Nemesis will be their biggest Zork yet The buzz is out and all RPG players everywhere await its arrival The book will provide answers to all of the puzzles maps to the underworld and guidance for both old Zork players and new

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