

<b>Mile</b>	<b>Split</b>
1	5:43
2	11:27
3	17:10
4	22:53
5	28:36
6	34:20
7	40:03
8	45:46
9	51:29
10	57:13
11	1:02:56
12	1:08:39
13	1:14:22
14	1:20:06
15	1:25:49
16	1:31:32
17	1:37:16
18	1:42:59
19	1:48:42
20	1:54:25
21	2:00:09
22	2:05:52
23	2:11:35
24	2:17:18
25	2:23:02
26	2:28:45
26.2	2:30:00