

<b>Mile</b>	<b>Split</b>
1	5:55
2	11:49
3	17:44
4	23:39
5	29:34
6	35:28
7	41:23
8	47:18
9	53:12
10	59:07
11	1:05:02
12	1:10:56
13	1:16:51
14	1:22:46
15	1:28:41
16	1:34:35
17	1:40:30
18	1:46:25
19	1:52:19
20	1:58:14
21	2:04:09
22	2:10:04
23	2:15:58
24	2:21:53
25	2:27:48
26	2:33:42
26.2	2:35:00