

Mile	Split
1	7:03
2	14:07
3	21:10
4	28:13
5	35:17
6	42:20
7	49:24
8	56:27
9	1:03:30
10	1:10:34
11	1:17:37
12	1:24:40
13	1:31:44
14	1:38:47
15	1:45:50
16	1:52:54
17	1:59:57
18	2:07:00
19	2:14:04
20	2:21:07
21	2:28:11
22	2:35:14
23	2:42:17
24	2:49:21
25	2:56:24
26	3:03:27
26.2	3:05:00