

Mile	Split
1	7:15
2	14:30
3	21:44
4	28:59
5	36:14
6	43:29
7	50:44
8	57:58
9	1:05:13
10	1:12:28
11	1:19:43
12	1:26:58
13	1:34:12
14	1:41:27
15	1:48:42
16	1:55:57
17	2:03:12
18	2:10:26
19	2:17:41
20	2:24:56
21	2:32:11
22	2:39:26
23	2:46:40
24	2:53:55
25	3:01:10
26	3:08:25
26.2	3:10:00