

Mile	Split
1	7:26
2	14:52
3	22:19
4	29:45
5	37:11
6	44:37
7	52:04
8	59:30
9	1:06:56
10	1:14:22
11	1:21:49
12	1:29:15
13	1:36:41
14	1:44:07
15	1:51:34
16	1:59:00
17	2:06:26
18	2:13:52
19	2:21:19
20	2:28:45
21	2:36:11
22	2:43:37
23	2:51:04
24	2:58:30
25	3:05:56
26	3:13:22
26.2	3:15:00