

<b>Mile</b>	<b>Split</b>
1	7:38
2	15:15
3	22:53
4	30:31
5	38:08
6	45:46
7	53:24
8	1:01:02
9	1:08:39
10	1:16:17
11	1:23:55
12	1:31:32
13	1:39:10
14	1:46:48
15	1:54:25
16	2:02:03
17	2:09:41
18	2:17:18
19	2:24:56
20	2:32:34
21	2:40:11
22	2:47:49
23	2:55:27
24	3:03:05
25	3:10:42
26	3:18:20
26.2	3:20:00