

Mile	Split
1	8:01
2	16:01
3	24:02
4	32:02
5	40:03
6	48:03
7	56:04
8	1:04:05
9	1:12:05
10	1:20:06
11	1:28:06
12	1:36:07
13	1:44:07
14	1:52:08
15	2:00:09
16	2:08:09
17	2:16:10
18	2:24:10
19	2:32:11
20	2:40:11
21	2:48:12
22	2:56:13
23	3:04:13
24	3:12:14
25	3:20:14
26	3:28:15
26.2	3:30:00