

<b>Mile</b>	<b>Split</b>
1	9:21
2	18:41
3	28:02
4	37:23
5	46:43
6	56:04
7	1:05:25
8	1:14:45
9	1:24:06
10	1:33:27
11	1:42:47
12	1:52:08
13	2:01:29
14	2:10:49
15	2:20:10
16	2:29:31
17	2:38:51
18	2:48:12
19	2:57:33
20	3:06:53
21	3:16:14
22	3:25:35
23	3:34:55
24	3:44:16
25	3:53:37
26	4:02:57
26.2	4:05:00