

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