

<b>Mile</b>	<b>Split</b>
1	12:35
2	25:10
3	37:46
4	50:21
5	1:02:56
6	1:15:31
7	1:28:06
8	1:40:41
9	1:53:17
10	2:05:52
11	2:18:27
12	2:31:02
13	2:43:37
14	2:56:13
15	3:08:48
16	3:21:23
17	3:33:58
18	3:46:33
19	3:59:09
20	4:11:44
21	4:24:19
22	4:36:54
23	4:49:29
24	5:02:04
25	5:14:40
26	5:27:15
26.2	5:30:00