

Mile	Split
1	14:30
2	29:00
3	43:30
4	58:00
5	1:12:30
6	1:27:00
7	1:41:30
8	1:56:00
9	2:10:30
10	2:25:00
11	2:39:30
12	2:54:00
13	3:08:30
Finish	3:09:57