
Mile	1:30	1:45	2:00	2:15	2:30	2:45
1	6:52	8:01	9:09	10:18	11:27	12:35
2	13:44	16:01	18:18	20:36	22:53	25:10
3	20:36	24:02	27:28	30:54	34:20	37:46
4	27:28	32:02	36:37	41:12	45:46	50:21
5	34:20	40:03	45:46	51:29	57:13	1:02:56
6	41:12	48:03	54:55	1:01:47	1:08:39	1:15:31
7	48:03	56:04	1:04:05	1:12:05	1:20:06	1:28:06
8	54:55	1:04:05	1:13:14	1:22:23	1:31:32	1:40:41
9	1:01:47	1:12:05	1:22:23	1:32:41	1:42:59	1:53:17
10	1:08:39	1:20:06	1:31:32	1:42:59	1:54:25	2:05:52
11	1:15:31	1:28:06	1:40:41	1:53:17	2:05:52	2:18:27
12	1:22:23	1:36:07	1:49:51	2:03:35	2:17:18	2:31:02
13	1:29:15	1:44:07	1:59:00	2:13:52	2:28:45	2:43:37
13.1	1:30:00	1:45:00	2:00:00	2:15:00	2:30:00	2:45:00