

Mile/Min

| Mile | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|------------------|---------|------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|
| Mile/Min Mile | 04:30 | 7:30 AM | 05:00 | Finish Time | 05:30 | Finish Time | 06:00 | Finish Time | 06:30 | Finish Time | 07:00 | Finish Time |
| 1 | 0:04:30 | 7:34:30 AM | 0:05:00 | 7:35:00 AM | 0:05:30 | 7:35:30 AM | 0:06:00 | 7:36:00 AM | 0:06:30 | 7:36:30 AM | 0:07:00 | 7:37:00 AM |
| 2 | 0:09:00 | 7:39:00 AM | 0:10:00 | 7:40:00 AM | 0:11:00 | 7:41:00 AM | 0:12:00 | 7:42:00 AM | 0:13:00 | 7:43:00 AM | 0:14:00 | 7:44:00 AM |
| 3 | 0:13:30 | 7:43:30 AM | 0:15:00 | 7:45:00 AM | 0:16:30 | 7:46:30 AM | 0:18:00 | 7:48:00 AM | 0:19:30 | 7:49:30 AM | 0:21:00 | 7:51:00 AM |
| 4 | 0:18:00 | 7:48:00 AM | 0:20:00 | 7:50:00 AM | 0:22:00 | 7:52:00 AM | 0:24:00 | 7:54:00 AM | 0:26:00 | 7:56:00 AM | 0:28:00 | 7:58:00 AM |
| 5 | 0:22:30 | 7:52:30 AM | 0:25:00 | 7:55:00 AM | 0:27:30 | 7:57:30 AM | 0:30:00 | 8:00:00 AM | 0:32:30 | 8:02:30 AM | 0:35:00 | 8:05:00 AM |
| 6 | 0:27:00 | 7:57:00 AM | 0:30:00 | 8:00:00 AM | 0:33:00 | 8:03:00 AM | 0:36:00 | 8:06:00 AM | 0:39:00 | 8:09:00 AM | 0:42:00 | 8:12:00 AM |
| 7 | 0:31:30 | 8:01:30 AM | 0:35:00 | 8:05:00 AM | 0:38:30 | 8:08:30 AM | 0:42:00 | 8:12:00 AM | 0:45:30 | 8:15:30 AM | 0:49:00 | 8:19:00 AM |
| 8 | 0:36:00 | 8:06:00 AM | 0:40:00 | 8:10:00 AM | 0:44:00 | 8:14:00 AM | 0:48:00 | 8:18:00 AM | 0:52:00 | 8:22:00 AM | 0:56:00 | 8:26:00 AM |
| 9 | 0:40:30 | 8:10:30 AM | 0:45:00 | 8:15:00 AM | 0:49:30 | 8:19:30 AM | 0:54:00 | 8:24:00 AM | 0:58:30 | 8:28:30 AM | 1:03:00 | 8:33:00 AM |
| 10 | 0:45:00 | 8:15:00 AM | 0:50:00 | 8:20:00 AM | 0:55:00 | 8:25:00 AM | 1:00:00 | 8:30:00 AM | 1:05:00 | 8:35:00 AM | 1:10:00 | 8:40:00 AM |
| 11 | 0:49:30 | 8:19:30 AM | 0:55:00 | 8:25:00 AM | 1:00:30 | 8:30:30 AM | 1:06:00 | 8:36:00 AM | 1:11:30 | 8:41:30 AM | 1:17:00 | 8:47:00 AM |
| 12 | 0:54:00 | 8:24:00 AM | 1:00:00 | 8:30:00 AM | 1:06:00 | 8:36:00 AM | 1:12:00 | 8:42:00 AM | 1:18:00 | 8:48:00 AM | 1:24:00 | 8:54:00 AM |
| 13 | 0:58:30 | 8:28:30 AM | 1:05:00 | 8:35:00 AM | 1:11:30 | 8:41:30 AM | 1:18:00 | 8:48:00 AM | 1:24:30 | 8:54:30 AM | 1:31:00 | 9:01:00 AM |

| 07:30 | Finish Time | 08:00 | Finish Time | 08:30 | Finish Time | 09:00 | Finish Time | 09:30 | Finish Time | 10:00 | Finish Time | 10:30 |
|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|
| 0:07:30 | 7:37:30 AM | 0:08:00 | 7:38:00 AM | 0:08:30 | 7:38:30 AM | 0:09:00 | 7:39:00 AM | 0:09:30 | 7:39:30 AM | 0:10:00 | 7:40:00 AM | 0:10:30 |
| 0:15:00 | 7:45:00 AM | 0:16:00 | 7:46:00 AM | 0:17:00 | 7:47:00 AM | 0:18:00 | 7:48:00 AM | 0:19:00 | 7:49:00 AM | 0:20:00 | 7:50:00 AM | 0:21:00 |
| 0:22:30 | 7:52:30 AM | 0:24:00 | 7:54:00 AM | 0:25:30 | 7:55:30 AM | 0:27:00 | 7:57:00 AM | 0:28:30 | 7:58:30 AM | 0:30:00 | 8:00:00 AM | 0:31:30 |
| 0:30:00 | 8:00:00 AM | 0:32:00 | 8:02:00 AM | 0:34:00 | 8:04:00 AM | 0:36:00 | 8:06:00 AM | 0:38:00 | 8:08:00 AM | 0:40:00 | 8:10:00 AM | 0:42:00 |
| 0:37:30 | 8:07:30 AM | 0:40:00 | 8:10:00 AM | 0:42:30 | 8:12:30 AM | 0:45:00 | 8:15:00 AM | 0:47:30 | 8:17:30 AM | 0:50:00 | 8:20:00 AM | 0:52:30 |
| 0:45:00 | 8:15:00 AM | 0:48:00 | 8:18:00 AM | 0:51:00 | 8:21:00 AM | 0:54:00 | 8:24:00 AM | 0:57:00 | 8:27:00 AM | 1:00:00 | 8:30:00 AM | 1:03:00 |
| 0:52:30 | 8:22:30 AM | 0:56:00 | 8:26:00 AM | 0:59:30 | 8:29:30 AM | 1:03:00 | 8:33:00 AM | 1:06:30 | 8:36:30 AM | 1:10:00 | 8:40:00 AM | 1:13:30 |
| 1:00:00 | 8:30:00 AM | 1:04:00 | 8:34:00 AM | 1:08:00 | 8:38:00 AM | 1:12:00 | 8:42:00 AM | 1:16:00 | 8:46:00 AM | 1:20:00 | 8:50:00 AM | 1:24:00 |
| 1:07:30 | 8:37:30 AM | 1:12:00 | 8:42:00 AM | 1:16:30 | 8:46:30 AM | 1:21:00 | 8:51:00 AM | 1:25:30 | 8:55:30 AM | 1:30:00 | 9:00:00 AM | 1:34:30 |
| 1:15:00 | 8:45:00 AM | 1:20:00 | 8:50:00 AM | 1:25:00 | 8:55:00 AM | 1:30:00 | 9:00:00 AM | 1:35:00 | 9:05:00 AM | 1:40:00 | 9:10:00 AM | 1:45:00 |
| 1:22:30 | 8:52:30 AM | 1:28:00 | 8:58:00 AM | 1:33:30 | 9:03:30 AM | 1:39:00 | 9:09:00 AM | 1:44:30 | 9:14:30 AM | 1:50:00 | 9:20:00 AM | 1:55:30 |
| 1:30:00 | 9:00:00 AM | 1:36:00 | 9:06:00 AM | 1:42:00 | 9:12:00 AM | 1:48:00 | 9:18:00 AM | 1:54:00 | 9:24:00 AM | 2:00:00 | 9:30:00 AM | 2:06:00 |
| 1:37:30 | 9:07:30 AM | 1:44:00 | 9:14:00 AM | 1:50:30 | 9:20:30 AM | 1:57:00 | 9:27:00 AM | 2:03:30 | 9:33:30 AM | 2:10:00 | 9:40:00 AM | 2:16:30 |

| Finish Time | 11:00 | Finish Time | 11:30 | Finish Time | 12:00 | Finish Time | 12:30 | Finish Time | 13:00 | Finish Time | 13:30 |
|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|
| 7:40:30 AM | 0:11:00 | 7:41:00 AM | 0:11:30 | 7:41:30 AM | 0:12:00 | 7:42:00 AM | 0:12:30 | 7:42:30 AM | 0:13:00 | 7:43:00 AM | 0:13:30 |
| 7:51:00 AM | 0:22:00 | 7:52:00 AM | 0:23:00 | 7:53:00 AM | 0:24:00 | 7:54:00 AM | 0:25:00 | 7:55:00 AM | 0:26:00 | 7:56:00 AM | 0:27:00 |
| 8:01:30 AM | 0:33:00 | 8:03:00 AM | 0:34:30 | 8:04:30 AM | 0:36:00 | 8:06:00 AM | 0:37:30 | 8:07:30 AM | 0:39:00 | 8:09:00 AM | 0:40:30 |
| 8:12:00 AM | 0:44:00 | 8:14:00 AM | 0:46:00 | 8:16:00 AM | 0:48:00 | 8:18:00 AM | 0:50:00 | 8:20:00 AM | 0:52:00 | 8:22:00 AM | 0:54:00 |
| 8:22:30 AM | 0:55:00 | 8:25:00 AM | 0:57:30 | 8:27:30 AM | 1:00:00 | 8:30:00 AM | 1:02:30 | 8:32:30 AM | 1:05:00 | 8:35:00 AM | 1:07:30 |
| 8:33:00 AM | 1:06:00 | 8:36:00 AM | 1:09:00 | 8:39:00 AM | 1:12:00 | 8:42:00 AM | 1:15:00 | 8:45:00 AM | 1:18:00 | 8:48:00 AM | 1:21:00 |
| 8:43:30 AM | 1:17:00 | 8:47:00 AM | 1:20:30 | 8:50:30 AM | 1:24:00 | 8:54:00 AM | 1:27:30 | 8:57:30 AM | 1:31:00 | 9:01:00 AM | 1:34:30 |
| 8:54:00 AM | 1:28:00 | 8:58:00 AM | 1:32:00 | 9:02:00 AM | 1:36:00 | 9:06:00 AM | 1:40:00 | 9:10:00 AM | 1:44:00 | 9:14:00 AM | 1:48:00 |
| 9:04:30 AM | 1:39:00 | 9:09:00 AM | 1:43:30 | 9:13:30 AM | 1:48:00 | 9:18:00 AM | 1:52:30 | 9:22:30 AM | 1:57:00 | 9:27:00 AM | 2:01:30 |
| 9:15:00 AM | 1:50:00 | 9:20:00 AM | 1:55:00 | 9:25:00 AM | 2:00:00 | 9:30:00 AM | 2:05:00 | 9:35:00 AM | 2:10:00 | 9:40:00 AM | 2:15:00 |
| 9:25:30 AM | 2:01:00 | 9:31:00 AM | 2:06:30 | 9:36:30 AM | 2:12:00 | 9:42:00 AM | 2:17:30 | 9:47:30 AM | 2:23:00 | 9:53:00 AM | 2:28:30 |
| 9:36:00 AM | 2:12:00 | 9:42:00 AM | 2:18:00 | 9:48:00 AM | 2:24:00 | 9:54:00 AM | 2:30:00 | 10:00:00 AM | 2:36:00 | 10:06:00 AM | 2:42:00 |
| 9:46:30 AM | 2:23:00 | 9:53:00 AM | 2:29:30 | 9:59:30 AM | 2:36:00 | 10:06:00 AM | 2:42:30 | 10:12:30 AM | 2:49:00 | 10:19:00 AM | 2:55:30 |

| Finish Time | 14:00 | Finish Time | 14:30 | Finish Time | 15:00 | Finish Time | 15:30 | Finish Time | 16:00 | Finish Time |
|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|
| 7:43:30 AM | 0:14:00 | 7:44:00 AM | 0:14:30 | 7:44:30 AM | 0:15:00 | 7:45:00 AM | 0:15:30 | 7:45:30 AM | 0:16:00 | 7:46:00 AM |
| 7:57:00 AM | 0:28:00 | 7:58:00 AM | 0:29:00 | 7:59:00 AM | 0:30:00 | 8:00:00 AM | 0:31:00 | 8:01:00 AM | 0:32:00 | 8:02:00 AM |
| 8:10:30 AM | 0:42:00 | 8:12:00 AM | 0:43:30 | 8:13:30 AM | 0:45:00 | 8:15:00 AM | 0:46:30 | 8:16:30 AM | 0:48:00 | 8:18:00 AM |
| 8:24:00 AM | 0:56:00 | 8:26:00 AM | 0:58:00 | 8:28:00 AM | 1:00:00 | 8:30:00 AM | 1:02:00 | 8:32:00 AM | 1:04:00 | 8:34:00 AM |
| 8:37:30 AM | 1:10:00 | 8:40:00 AM | 1:12:30 | 8:42:30 AM | 1:15:00 | 8:45:00 AM | 1:17:30 | 8:47:30 AM | 1:20:00 | 8:50:00 AM |
| 8:51:00 AM | 1:24:00 | 8:54:00 AM | 1:27:00 | 8:57:00 AM | 1:30:00 | 9:00:00 AM | 1:33:00 | 9:03:00 AM | 1:36:00 | 9:06:00 AM |
| 9:04:30 AM | 1:38:00 | 9:08:00 AM | 1:41:30 | 9:11:30 AM | 1:45:00 | 9:15:00 AM | 1:48:30 | 9:18:30 AM | 1:52:00 | 9:22:00 AM |
| 9:18:00 AM | 1:52:00 | 9:22:00 AM | 1:56:00 | 9:26:00 AM | 2:00:00 | 9:30:00 AM | 2:04:00 | 9:34:00 AM | 2:08:00 | 9:38:00 AM |
| 9:31:30 AM | 2:06:00 | 9:36:00 AM | 2:10:30 | 9:40:30 AM | 2:15:00 | 9:45:00 AM | 2:19:30 | 9:49:30 AM | 2:24:00 | 9:54:00 AM |
| 9:45:00 AM | 2:20:00 | 9:50:00 AM | 2:25:00 | 9:55:00 AM | 2:30:00 | 10:00:00 AM | 2:35:00 | 10:05:00 AM | 2:40:00 | 10:10:00 AM |
| 9:58:30 AM | 2:34:00 | 10:04:00 AM | 2:39:30 | 10:09:30 AM | 2:45:00 | 10:15:00 AM | 2:50:30 | 10:20:30 AM | 2:56:00 | 10:26:00 AM |
| 10:12:00 AM | 2:48:00 | 10:18:00 AM | 2:54:00 | 10:24:00 AM | 3:00:00 | 10:30:00 AM | 3:06:00 | 10:36:00 AM | 3:12:00 | 10:42:00 AM |
| 10:25:30 AM | 3:02:00 | 10:32:00 AM | 3:08:30 | 10:38:30 AM | 3:15:00 | 10:45:00 AM | 3:21:30 | 10:51:30 AM | 3:28:00 | 10:58:00 AM |