

Race Time	Race Pace/ Mile	Recovery Min / Mile	Recovery Max / Mile	Easy Min / Mile	Easy Max / Mile	Long Min / Mile	Long Max / Mile
15:30	05:00	07:09	08:12	06:54	07:21	06:48	07:09
15:35	05:02	07:11	08:15	06:56	07:23	06:50	07:11
15:40	05:03	07:14	08:17	06:58	07:26	06:52	07:14
15:45	05:05	07:16	08:20	07:01	07:28	06:53	07:16
15:50	05:06	07:18	08:23	07:03	07:30	06:55	07:18
15:55	05:08	07:21	08:25	07:05	07:33	06:57	07:21
16:00	05:10	07:23	08:28	07:07	07:35	06:58	07:23
16:05	05:11	07:25	08:31	07:10	07:38	07:00	07:24
16:10	05:13	07:27	08:33	07:12	07:40	07:02	07:26
16:15	05:15	07:30	08:36	07:14	07:42	07:05	07:28
16:20	05:16	07:32	08:38	07:16	07:45	07:07	07:30
16:25	05:18	07:34	08:41	07:18	07:47	07:09	07:31
16:30	05:19	07:37	08:44	07:21	07:49	07:10	07:33
16:35	05:21	07:39	08:46	07:23	07:52	07:12	07:36
16:40	05:23	07:41	08:49	07:25	07:54	07:14	07:38
16:45	05:24	07:44	08:52	07:27	07:57	07:16	07:40
16:50	05:26	07:46	08:54	07:30	07:59	07:18	07:43
16:55	05:27	07:48	08:57	07:32	08:01	07:20	07:45
17:00	05:29	07:51	09:00	07:34	08:04	07:21	07:46
17:05	05:31	07:53	09:02	07:36	08:06	07:23	07:48
17:10	05:32	07:55	09:05	07:39	08:08	07:25	07:50
17:15	05:34	07:57	09:08	07:41	08:11	07:27	07:52
17:20	05:35	08:00	09:10	07:43	08:13	07:30	07:55
17:25	05:37	08:02	09:13	07:45	08:16	07:32	07:57
17:30	05:39	08:04	09:15	07:47	08:18	07:34	07:59
17:35	05:40	08:07	09:18	07:50	08:20	07:36	08:00
17:40	05:42	08:09	09:21	07:52	08:23	07:38	08:02
17:45	05:44	08:11	09:23	07:54	08:25	07:40	08:04
17:50	05:45	08:14	09:26	07:56	08:27	07:43	08:07
17:55	05:47	08:16	09:29	07:59	08:30	07:45	08:09
18:00	05:48	08:18	09:31	08:01	08:32	07:47	08:11
18:05	05:50	08:21	09:34	08:03	08:35	07:49	08:14
18:10	05:52	08:23	09:37	08:05	08:37	07:51	08:16
18:15	05:53	08:25	09:39	08:06	08:39	07:53	08:18

Race Time	Race Pace/ Mile	Recovery Min / Mile	Recovery Max / Mile	Easy Min / Mile	Easy Max / Mile	Long Min / Mile	Long Max / Mile
18:20	05:55	08:27	09:42	08:08	08:42	07:55	08:20
18:25	05:56	08:30	09:45	08:10	08:44	07:56	08:21
18:30	05:58	08:32	09:47	08:12	08:46	07:58	08:23
18:35	06:00	08:34	09:50	08:13	08:49	08:00	08:25
18:40	06:01	08:37	09:53	08:15	08:51	08:02	08:26
18:45	06:03	08:39	09:55	08:17	08:53	08:04	08:28
18:50	06:05	08:41	09:58	08:19	08:56	08:05	08:30
18:55	06:06	08:44	10:00	08:22	08:58	08:07	08:33
19:00	06:08	08:46	10:03	08:24	09:01	08:09	08:35
19:05	06:09	08:48	10:06	08:26	09:03	08:11	08:37
19:10	06:11	08:50	10:08	08:28	09:05	08:13	08:39
19:15	06:13	08:53	10:11	08:30	09:08	08:16	08:42
19:20	06:14	08:55	10:14	08:31	09:10	08:18	08:44
19:25	06:16	08:57	10:16	08:33	09:12	08:20	08:46
19:30	06:17	09:00	10:19	08:35	09:15	08:22	08:48
19:35	06:19	09:02	10:22	08:37	09:17	08:24	08:51
19:40	06:21	09:04	10:24	08:40	09:20	08:26	08:53
19:45	06:22	09:07	10:27	08:42	09:22	08:28	08:55
19:50	06:24	09:09	10:30	08:44	09:24	08:31	08:57
19:55	06:25	09:11	10:32	08:46	09:27	08:33	09:00
20:00	06:27	09:14	10:35	08:48	09:29	08:35	09:02
20:10	06:30	09:18	10:40	08:53	09:34	08:39	09:06
20:20	06:34	09:23	10:43	08:57	09:39	08:43	09:11
20:30	06:37	09:27	10:49	09:02	09:43	08:48	09:15
20:40	06:40	09:32	10:52	09:06	09:48	08:52	09:20
20:50	06:43	09:37	10:57	09:10	09:53	08:56	09:23
21:00	06:46	09:41	11:03	09:15	09:57	08:57	09:27
21:10	06:50	09:46	11:08	09:19	10:02	09:01	09:29
21:20	06:53	09:50	11:11	09:24	10:07	09:05	09:34
21:30	06:56	09:55	11:16	09:28	10:12	09:09	09:38
21:40	06:59	10:00	11:19	09:32	10:16	09:14	09:43
21:50	07:03	10:04	11:25	09:35	10:21	09:18	09:47
22:00	07:06	10:09	11:30	09:39	10:26	09:22	09:52
22:10	07:09	10:14	11:35	09:43	10:31	09:26	09:56

Race Time	Race Pace/ Mile	Recovery Min / Mile	Recovery Max / Mile	Easy Min / Mile	Easy Max / Mile	Long Min / Mile	Long Max / Mile
22:20	07:12	10:18	11:40	09:48	10:35	09:31	10:01
22:30	07:15	10:23	11:45	09:52	10:40	09:35	10:05
22:40	07:19	10:27	11:53	09:57	10:45	09:39	10:08
22:50	07:22	10:32	11:58	10:01	10:50	09:43	10:12
23:00	07:25	10:37	12:03	10:05	10:54	09:45	10:14
23:10	07:28	10:41	12:09	10:10	10:59	09:50	10:19
23:20	07:32	10:46	12:12	10:14	11:04	09:54	10:23
23:30	07:35	10:50	12:17	10:16	11:09	09:58	10:28
23:40	07:38	10:55	12:22	10:21	11:13	10:02	10:32
23:50	07:41	11:00	12:25	10:25	11:18	10:07	10:37
24:00	07:45	11:04	12:30	10:29	11:23	10:09	10:39
24:10	07:48	11:09	12:35	10:34	11:28	10:15	10:43
24:20	07:51	11:13	12:41	10:38	11:32	10:19	10:48
24:30	07:54	11:18	12:46	10:40	11:37	10:24	10:52
24:40	07:57	11:23	12:51	10:45	11:42	10:28	10:56
24:50	08:01	11:27	12:56	10:49	11:47	10:32	11:01
25:00	08:04	11:32	13:01	10:53	11:51	10:34	11:05
25:15	08:09	11:39	13:09	11:00	11:58	10:40	11:10
25:30	08:14	11:46	13:15	11:06	12:06	10:47	11:16
25:45	08:18	11:53	13:22	11:13	12:13	10:53	11:23
26:00	08:23	12:00	13:30	11:19	12:20	10:59	11:29
26:15	08:28	12:07	13:38	11:26	12:27	11:06	11:36
26:30	08:33	12:13	13:46	11:30	12:34	11:12	11:43
26:45	08:38	12:20	13:54	11:36	12:41	11:18	11:49
27:00	08:43	12:27	14:01	11:43	12:48	11:22	11:53
27:15	08:47	12:34	14:09	11:49	12:55	11:28	12:00
27:30	08:52	12:41	14:14	11:56	13:02	11:35	12:07
27:45	08:57	12:48	14:22	12:02	13:10	11:41	12:13
28:00	09:02	12:55	14:30	12:09	13:17	11:47	12:17
28:15	09:07	13:02	14:38	12:15	13:24	11:54	12:24
28:30	09:12	13:09	14:43	12:19	13:31	12:00	12:30
28:45	09:16	13:16	14:50	12:26	13:38	12:06	12:37
29:00	09:21	13:23	14:58	12:32	13:45	12:10	12:41
29:15	09:26	13:30	15:06	12:39	13:52	12:16	12:47

Race Time	Race Pace/ Mile	Recovery Min / Mile	Recovery Max / Mile	Easy Min / Mile	Easy Max / Mile	Long Min / Mile	Long Max / Mile
29:30	09:31	13:36	15:14	12:45	13:59	12:22	12:54
29:45	09:36	13:43	15:21	12:52	14:06	12:29	13:00
30:00	09:41	13:50	15:29	12:58	14:14	12:35	13:07
30:15	09:45	13:57	15:37	13:05	14:21	12:41	13:13
30:30	09:50	14:04	15:42	13:08	14:28	12:47	13:20
30:45	09:55	14:11	15:49	13:15	14:35	12:54	13:26
31:00	10:00	14:18	15:57	13:21	14:42	12:57	13:30
31:15	10:05	14:25	16:05	13:27	14:49	13:03	13:37
31:30	10:10	14:32	16:09	13:34	14:56	13:10	13:43
31:45	10:15	14:39	16:17	13:40	15:03	13:16	13:50
32:00	10:19	14:46	16:25	13:47	15:10	13:22	13:56
32:15	10:24	14:53	16:32	13:53	15:18	13:28	14:03
32:30	10:29	15:00	16:40	13:57	15:25	13:35	14:09
32:45	10:34	15:06	16:48	14:03	15:32	13:41	14:16
33:00	10:39	15:13	16:56	14:09	15:39	13:44	14:19
33:15	10:44	15:20	17:03	14:16	15:46	13:50	14:26
33:30	10:48	15:27	17:08	14:22	15:53	13:56	14:32
33:45	10:53	15:34	17:15	14:29	16:00	14:03	14:39
34:00	10:58	15:41	17:23	14:35	16:07	14:09	14:45
34:15	11:03	15:48	17:31	14:42	16:14	14:15	14:52
34:30	11:08	15:55	17:38	14:45	16:22	14:21	14:58
34:45	11:13	16:02	17:46	14:51	16:29	14:28	15:05
35:00	11:17	16:09	17:54	14:58	16:36	14:30	15:08
35:15	11:22	16:16	18:01	15:04	16:43	14:37	15:14
35:30	11:27	16:23	18:06	15:10	16:50	14:43	15:21
35:45	11:32	16:29	18:13	15:17	16:57	14:49	15:27
36:00	11:37	16:36	18:21	15:23	17:04	14:55	15:34