

Overall time	Per mile
2:55	6:40
3:00	6:52
3:05	7:03
3:10	7:15
3:15	7:26
3:20	7:38
3:25	7:49
3:30	8:00
3:35	8:12
3:40	8:23
3:45	8:35
3:50	8:46
3:55	8:58
4:00	9:09
4:10	9:32
4:20	9:55
4:30	10:18
4:40	10:40
4:50	11:04
5:00	11:27
5:15	12:00
5:30	12:35
5:45	13:10
6:00	13:43