

Marathon Lap Splits		
BQ2races.com		
avg	6:43	2:59:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	0:03:32
3.73	1	0:25:12
6.94	2	0:46:30
10.15	3	1:07:48
13.11	HALF	1:27:24
13.37	4	1:29:06
16.58	5	1:50:32
19.79	6	2:12:07
23.01	7	2:33:56
		2:56:00

Marathon Lap Splits		
BQ2races.com		
avg	6:54	3:04:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	0:03:38
3.73	1	0:25:55
6.94	2	0:47:50
10.15	3	1:09:44
13.11	HALF	1:29:54
13.37	4	1:31:39
16.58	5	1:53:42
19.79	6	2:15:53
23.01	7	2:38:19
		3:01:00

Marathon Lap Splits		
BQ2races.com		
avg	7:06	3:09:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	0:03:43
3.73	1	0:26:37
6.94	2	0:49:09
10.15	3	1:11:41
13.11	HALF	1:32:24
13.37	4	1:34:12
16.58	5	1:56:52
19.79	6	2:19:40
23.01	7	2:42:42
		3:06:00

Marathon Lap Splits		
BQ2races.com		
avg	7:29	3:19:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	0:03:55
3.73	1	0:28:03
6.94	2	0:51:48
10.15	3	1:15:33
13.11	HALF	1:37:24
13.37	4	1:39:18
16.58	5	2:03:11
19.79	6	2:27:12
23.01	7	2:51:29
		3:16:00

Marathon Mile Splits		
BQ2races.com		
avg	6:43	2:59:00
warm up 1-3, 5-under 4-15, fade 21-26		
6:53	1	0:06:53
6:48	2	0:13:41
6:43	3	0:20:23
6:38	4	0:27:01
6:38	5	0:33:39
6:38	6	0:40:17
6:38	7	0:46:54
6:38	8	0:53:32
6:38	9	1:00:10
6:38	10	1:06:48
6:38	11	1:13:25
6:38	12	1:20:03
6:38	13	1:26:41
HALF		1:27:24
6:38	14	1:33:19
6:38	15	1:39:56
6:43	16	1:46:39
6:43	17	1:53:22
6:43	18	2:00:05
6:43	19	2:06:48
6:43	20	2:13:30
6:48	21	2:20:18
6:48	22	2:27:06
6:48	23	2:33:54
6:53	24	2:40:46
6:53	25	2:47:39
6:53	26	2:54:32
		2:56:00

Marathon Mile Splits		
BQ2races.com		
avg	6:54	3:04:00
warm up 1-3, 5-under 4-15, fade 21-26		
7:04	1	0:07:04
6:59	2	0:14:03
6:54	3	0:20:58
6:49	4	0:27:47
6:49	5	0:34:36
6:49	6	0:41:25
6:49	7	0:48:14
6:49	8	0:55:04
6:49	9	1:01:53
6:49	10	1:08:42
6:49	11	1:15:31
6:49	12	1:22:20
6:49	13	1:29:10
HALF		1:29:54
6:49	14	1:35:59
6:49	15	1:42:48
6:54	16	1:49:42
6:54	17	1:56:37
6:54	18	2:03:31
6:54	19	2:10:25
6:54	20	2:17:19
6:59	21	2:24:18
6:59	22	2:31:18
6:59	23	2:38:17
7:04	24	2:45:21
7:04	25	2:52:25
7:04	26	2:59:29
		3:01:00

Marathon Mile Splits		
BQ2races.com		
avg	7:06	3:09:00
warm up 1-3, 5-under 4-15, fade 21-26		
7:16	1	0:07:16
7:11	2	0:14:26
7:06	3	0:21:32
7:01	4	0:28:33
7:01	5	0:35:33
7:01	6	0:42:34
7:01	7	0:49:35
7:01	8	0:56:35
7:01	9	1:03:36
7:01	10	1:10:36
7:01	11	1:17:37
7:01	12	1:24:38
7:01	13	1:31:38
HALF		1:32:24
7:01	14	1:38:39
7:01	15	1:45:40
7:06	16	1:52:45
7:06	17	1:59:51
7:06	18	2:06:57
7:06	19	2:14:02
7:06	20	2:21:08
7:11	21	2:28:19
7:11	22	2:35:29
7:11	23	2:42:40
7:16	24	2:49:56
7:16	25	2:57:11
7:16	26	3:04:27
		3:06:00

Marathon Mile Splits		
BQ2races.com		
avg	7:29	3:19:00
warm up 1-3, 5-under 4-15, fade 21-26		
7:39	1	0:07:39
7:34	2	0:15:12
7:29	3	0:22:41
7:24	4	0:30:04
7:24	5	0:37:28
7:24	6	0:44:51
7:24	7	0:52:15
7:24	8	0:59:38
7:24	9	1:07:02
7:24	10	1:14:25
7:24	11	1:21:49
7:24	12	1:29:12
7:24	13	1:36:36
HALF		1:37:24
7:24	14	1:43:59
7:24	15	1:51:23
7:29	16	1:58:52
7:29	17	2:06:20
7:29	18	2:13:49
7:29	19	2:21:17
7:29	20	2:28:46
7:34	21	2:36:19
7:34	22	2:43:53
7:34	23	2:51:26
7:39	24	2:59:05
7:39	25	3:06:43
7:39	26	3:14:22
		3:16:00

Marathon Lap Splits		
BQ2races.com		
avg	7:40	3:24:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	0:04:01
3.73	1	0:28:45
6.94	2	0:53:07
10.15	3	1:17:29
13.11	HALF	1:39:54
13.37	4	1:41:51
16.58	5	2:06:21
19.79	6	2:30:59
23.01	7	2:55:52
		3:21:00

Marathon Lap Splits		
BQ2races.com		
avg	7:51	3:29:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	0:04:07
3.73	1	0:29:28
6.94	2	0:54:27
10.15	3	1:19:25
13.11	HALF	1:42:24
13.37	4	1:44:24
16.58	5	2:09:31
19.79	6	2:34:45
23.01	7	3:00:15
		3:26:00

Marathon Lap Splits		
BQ2races.com		
avg	8:03	3:34:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	0:04:13
3.73	1	0:30:11
6.94	2	0:55:46
10.15	3	1:21:21
13.11	HALF	1:44:54
13.37	4	1:46:57
16.58	5	2:12:40
19.79	6	2:38:32
23.01	7	3:04:39
		3:31:00

Marathon Lap Splits		
BQ2races.com		
avg	8:14	3:39:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	0:04:19
3.73	1	0:30:53
6.94	2	0:57:05
10.15	3	1:23:18
13.11	HALF	1:47:24
13.37	4	1:49:30
16.58	5	2:15:50
19.79	6	2:42:18
23.01	7	3:09:02
		3:36:00

Marathon Mile Splits		
BQ2races.com		
avg	7:40	3:24:00
warm up 1-3, 5-under 4-15, fade 21-26		
7:50	1	0:07:50
7:45	2	0:15:35
7:40	3	0:23:15
7:35	4	0:30:50
7:35	5	0:38:25
7:35	6	0:46:00
7:35	7	0:53:35
7:35	8	1:01:10
7:35	9	1:08:45
7:35	10	1:16:20
7:35	11	1:23:55
7:35	12	1:31:30
7:35	13	1:39:05
HALF		1:39:54
7:35	14	1:46:40
7:35	15	1:54:15
7:40	16	2:01:55
7:40	17	2:09:35
7:40	18	2:17:15
7:40	19	2:24:55
7:40	20	2:32:35
7:45	21	2:40:19
7:45	22	2:48:04
7:45	23	2:55:49
7:50	24	3:03:39
7:50	25	3:11:29
7:50	26	3:19:19
		3:21:00

Marathon Mile Splits		
BQ2races.com		
avg	7:51	3:29:00
warm up 1-3, 5-under 4-15, fade 21-26		
8:01	1	0:08:01
7:56	2	0:15:58
7:51	3	0:23:49
7:46	4	0:31:36
7:46	5	0:39:22
7:46	6	0:47:09
7:46	7	0:54:55
7:46	8	1:02:41
7:46	9	1:10:28
7:46	10	1:18:14
7:46	11	1:26:01
7:46	12	1:33:47
7:46	13	1:41:33
HALF		1:42:24
7:46	14	1:49:20
7:46	15	1:57:06
7:51	16	2:04:58
7:51	17	2:12:49
7:51	18	2:20:41
7:51	19	2:28:32
7:51	20	2:36:23
7:56	21	2:44:20
7:56	22	2:52:16
7:56	23	3:00:13
8:01	24	3:08:14
8:01	25	3:16:15
8:01	26	3:24:17
		3:26:00

Marathon Mile Splits		
BQ2races.com		
avg	8:03	3:34:00
warm up 1-3, 5-under 4-15, fade 21-26		
8:13	1	0:08:13
8:08	2	0:16:21
8:03	3	0:24:24
7:58	4	0:32:21
7:58	5	0:40:19
7:58	6	0:48:17
7:58	7	0:56:15
7:58	8	1:04:13
7:58	9	1:12:11
7:58	10	1:20:09
7:58	11	1:28:06
7:58	12	1:36:04
7:58	13	1:44:02
HALF		1:44:54
7:58	14	1:52:00
7:58	15	1:59:58
8:03	16	2:08:01
8:03	17	2:16:04
8:03	18	2:24:06
8:03	19	2:32:09
8:03	20	2:40:12
8:08	21	2:48:20
8:08	22	2:56:28
8:08	23	3:04:36
8:13	24	3:12:49
8:13	25	3:21:02
8:13	26	3:29:14
		3:31:00

Marathon Mile Splits		
BQ2races.com		
avg	8:14	3:39:00
warm up 1-3, 5-under 4-15, fade 21-26		
8:24	1	0:08:24
8:19	2	0:16:44
8:14	3	0:24:58
8:09	4	0:33:07
8:09	5	0:41:17
8:09	6	0:49:26
8:09	7	0:57:35
8:09	8	1:05:44
8:09	9	1:13:54
8:09	10	1:22:03
8:09	11	1:30:12
8:09	12	1:38:22
8:09	13	1:46:31
HALF		1:47:24
8:09	14	1:54:40
8:09	15	2:02:50
8:14	16	2:11:04
8:14	17	2:19:18
8:14	18	2:27:32
8:14	19	2:35:47
8:14	20	2:44:01
8:19	21	2:52:20
8:19	22	3:00:40
8:19	23	3:08:59
8:24	24	3:17:23
8:24	25	3:25:48
8:24	26	3:34:12
		3:36:00

Marathon Lap Splits		
BQ2races.com		
avg	8:37	3:49:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	0:04:30
3.73	1	0:32:18
6.94	2	0:59:44
10.15	3	1:27:10
13.11	HALF	1:52:24
13.37	4	1:54:36
16.58	5	2:22:09
19.79	6	2:49:51
23.01	7	3:17:48
		3:46:00

Marathon Lap Splits		
BQ2races.com		
avg	8:49	3:54:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	0:04:36
3.73	1	0:33:01
6.94	2	1:01:04
10.15	3	1:29:06
13.11	HALF	1:54:54
13.37	4	1:57:09
16.58	5	2:25:19
19.79	6	2:53:38
23.01	7	3:22:11
		3:51:00

Marathon Lap Splits		
BQ2races.com		
avg	9:12	4:04:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	0:04:48
3.73	1	0:34:26
6.94	2	1:03:42
10.15	3	1:32:58
13.11	HALF	1:59:54
13.37	4	2:02:15
16.58	5	2:31:39
19.79	6	3:01:11
23.01	7	3:30:58
		4:01:00

Marathon Lap Splits		
BQ2races.com		
avg	9:46	4:19:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	0:05:06
3.73	1	0:36:34
6.94	2	1:07:41
10.15	3	1:38:47
13.11	HALF	2:07:24
13.37	4	2:09:53
16.58	5	2:41:08
19.79	6	3:12:30
23.01	7	3:44:08
		4:16:00

Marathon Mile Splits		
BQ2races.com		
avg	8:37	3:49:00
warm up 1-3, 5-under 4-15, fade 21-26		
8:47	1	0:08:47
8:42	2	0:17:29
8:37	3	0:26:07
8:32	4	0:34:39
8:32	5	0:43:11
8:32	6	0:51:43
8:32	7	1:00:15
8:32	8	1:08:47
8:32	9	1:17:20
8:32	10	1:25:52
8:32	11	1:34:24
8:32	12	1:42:56
8:32	13	1:51:28
HALF		1:52:24
8:32	14	2:00:01
8:32	15	2:08:33
8:37	16	2:17:10
8:37	17	2:25:47
8:37	18	2:34:24
8:37	19	2:43:02
8:37	20	2:51:39
8:42	21	3:00:21
8:42	22	3:09:03
8:42	23	3:17:45
8:47	24	3:26:32
8:47	25	3:35:20
8:47	26	3:44:07
		3:46:00

Marathon Mile Splits		
BQ2races.com		
avg	8:49	3:54:00
warm up 1-3, 5-under 4-15, fade 21-26		
8:59	1	0:08:59
8:54	2	0:17:52
8:49	3	0:26:41
8:44	4	0:35:25
8:44	5	0:44:08
8:44	6	0:52:52
8:44	7	1:01:35
8:44	8	1:10:19
8:44	9	1:19:03
8:44	10	1:27:46
8:44	11	1:36:30
8:44	12	1:45:14
8:44	13	1:53:57
HALF		1:54:54
8:44	14	2:02:41
8:44	15	2:11:24
8:49	16	2:20:13
8:49	17	2:29:02
8:49	18	2:37:50
8:49	19	2:46:39
8:49	20	2:55:28
8:54	21	3:04:21
8:54	22	3:13:15
8:54	23	3:22:08
8:59	24	3:31:07
8:59	25	3:40:06
8:59	26	3:49:04
		3:51:00

Marathon Mile Splits		
BQ2races.com		
avg	9:12	4:04:00
warm up 1-3, 5-under 4-15, fade 21-26		
9:22	1	0:09:22
9:17	2	0:18:38
9:12	3	0:27:50
9:07	4	0:36:56
9:07	5	0:46:03
9:07	6	0:55:09
9:07	7	1:04:16
9:07	8	1:13:22
9:07	9	1:22:29
9:07	10	1:31:35
9:07	11	1:40:42
9:07	12	1:49:48
9:07	13	1:58:55
HALF		1:59:54
9:07	14	2:08:01
9:07	15	2:17:08
9:12	16	2:26:19
9:12	17	2:35:31
9:12	18	2:44:42
9:12	19	2:53:54
9:12	20	3:03:05
9:17	21	3:12:22
9:17	22	3:21:38
9:17	23	3:30:55
9:22	24	3:40:16
9:22	25	3:49:38
9:22	26	3:58:59
		4:01:00

Marathon Mile Splits		
BQ2races.com		
avg	9:46	4:19:00
warm up 1-3, 5-under 4-15, fade 21-26		
9:56	1	0:09:56
9:51	2	0:19:47
9:46	3	0:29:33
9:41	4	0:39:13
9:41	5	0:48:54
9:41	6	0:58:35
9:41	7	1:08:16
9:41	8	1:17:57
9:41	9	1:27:38
9:41	10	1:37:18
9:41	11	1:46:59
9:41	12	1:56:40
9:41	13	2:06:21
HALF		2:07:24
9:41	14	2:16:02
9:41	15	2:25:43
9:46	16	2:35:28
9:46	17	2:45:14
9:46	18	2:55:00
9:46	19	3:04:46
9:46	20	3:14:32
9:51	21	3:24:23
9:51	22	3:34:13
9:51	23	3:44:04
9:56	24	3:54:00
9:56	25	4:03:56
9:56	26	4:13:52
		4:16:00