

Marathon Lap Splits		
BQ2races.com		
avg	6:50	<b>2:59:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	<b>0:03:35</b>
3.73	1	<b>0:25:38</b>
6.94	2	<b>0:47:18</b>
10.15	3	<b>1:08:58</b>
13.11	HALF	<b>1:28:54</b>
13.37	4	<b>1:30:38</b>
16.58	5	<b>1:52:26</b>
19.79	6	<b>2:14:23</b>
23.01	7	<b>2:36:34</b>
		<b>2:59:00</b>

Marathon Lap Splits		
BQ2races.com		
avg	7:01	<b>3:04:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	<b>0:03:41</b>
3.73	1	<b>0:26:20</b>
6.94	2	<b>0:48:37</b>
10.15	3	<b>1:10:54</b>
13.11	HALF	<b>1:31:24</b>
13.37	4	<b>1:33:11</b>
16.58	5	<b>1:55:36</b>
19.79	6	<b>2:18:09</b>
23.01	7	<b>2:40:57</b>
		<b>3:04:00</b>

Marathon Lap Splits		
BQ2races.com		
avg	7:13	<b>3:09:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	<b>0:03:47</b>
3.73	1	<b>0:27:03</b>
6.94	2	<b>0:49:57</b>
10.15	3	<b>1:12:50</b>
13.11	HALF	<b>1:33:54</b>
13.37	4	<b>1:35:44</b>
16.58	5	<b>1:58:46</b>
19.79	6	<b>2:21:55</b>
23.01	7	<b>2:45:20</b>
		<b>3:09:00</b>

Marathon Lap Splits		
BQ2races.com		
avg	7:35	<b>3:19:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	<b>0:03:59</b>
3.73	1	<b>0:28:28</b>
6.94	2	<b>0:52:35</b>
10.15	3	<b>1:16:43</b>
13.11	HALF	<b>1:38:54</b>
13.37	4	<b>1:40:50</b>
16.58	5	<b>2:05:05</b>
19.79	6	<b>2:29:28</b>
23.01	7	<b>2:54:07</b>
		<b>3:19:00</b>

Marathon Mile Splits		
BQ2races.com		
avg	6:50	<b>2:59:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
7:00	1	<b>0:07:00</b>
6:55	2	<b>0:13:54</b>
6:50	3	<b>0:20:44</b>
6:45	4	<b>0:27:29</b>
6:45	5	<b>0:34:13</b>
6:45	6	<b>0:40:58</b>
6:45	7	<b>0:47:42</b>
6:45	8	<b>0:54:27</b>
6:45	9	<b>1:01:12</b>
6:45	10	<b>1:07:56</b>
6:45	11	<b>1:14:41</b>
6:45	12	<b>1:21:26</b>
6:45	13	<b>1:28:10</b>
HALF		<b>1:28:54</b>
6:45	14	<b>1:34:55</b>
6:45	15	<b>1:41:39</b>
6:50	16	<b>1:48:29</b>
6:50	17	<b>1:55:19</b>
6:50	18	<b>2:02:08</b>
6:50	19	<b>2:08:58</b>
6:50	20	<b>2:15:48</b>
6:55	21	<b>2:22:42</b>
6:55	22	<b>2:29:37</b>
6:55	23	<b>2:36:31</b>
7:00	24	<b>2:43:31</b>
7:00	25	<b>2:50:31</b>
7:00	26	<b>2:57:30</b>
		<b>2:59:00</b>

Marathon Mile Splits		
BQ2races.com		
avg	7:01	<b>3:04:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
7:11	1	<b>0:07:11</b>
7:06	2	<b>0:14:17</b>
7:01	3	<b>0:21:18</b>
6:56	4	<b>0:28:14</b>
6:56	5	<b>0:35:10</b>
6:56	6	<b>0:42:06</b>
6:56	7	<b>0:49:03</b>
6:56	8	<b>0:55:59</b>
6:56	9	<b>1:02:55</b>
6:56	10	<b>1:09:51</b>
6:56	11	<b>1:16:47</b>
6:56	12	<b>1:23:43</b>
6:56	13	<b>1:30:39</b>
HALF		<b>1:31:24</b>
6:56	14	<b>1:37:35</b>
6:56	15	<b>1:44:31</b>
7:01	16	<b>1:51:32</b>
7:01	17	<b>1:58:33</b>
7:01	18	<b>2:05:34</b>
7:01	19	<b>2:12:35</b>
7:01	20	<b>2:19:36</b>
7:06	21	<b>2:26:43</b>
7:06	22	<b>2:33:49</b>
7:06	23	<b>2:40:55</b>
7:11	24	<b>2:48:06</b>
7:11	25	<b>2:55:17</b>
7:11	26	<b>3:02:28</b>
		<b>3:04:00</b>

Marathon Mile Splits		
BQ2races.com		
avg	7:13	<b>3:09:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
7:23	1	<b>0:07:23</b>
7:18	2	<b>0:14:40</b>
7:13	3	<b>0:21:53</b>
7:08	4	<b>0:29:00</b>
7:08	5	<b>0:36:08</b>
7:08	6	<b>0:43:15</b>
7:08	7	<b>0:50:23</b>
7:08	8	<b>0:57:30</b>
7:08	9	<b>1:04:38</b>
7:08	10	<b>1:11:45</b>
7:08	11	<b>1:18:53</b>
7:08	12	<b>1:26:00</b>
7:08	13	<b>1:33:08</b>
HALF		<b>1:33:54</b>
7:08	14	<b>1:40:15</b>
7:08	15	<b>1:47:23</b>
7:13	16	<b>1:54:35</b>
7:13	17	<b>2:01:48</b>
7:13	18	<b>2:09:00</b>
7:13	19	<b>2:16:13</b>
7:13	20	<b>2:23:25</b>
7:18	21	<b>2:30:43</b>
7:18	22	<b>2:38:00</b>
7:18	23	<b>2:45:18</b>
7:23	24	<b>2:52:40</b>
7:23	25	<b>3:00:03</b>
7:23	26	<b>3:07:25</b>
		<b>3:09:00</b>

Marathon Mile Splits		
BQ2races.com		
avg	7:35	<b>3:19:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
7:45	1	<b>0:07:45</b>
7:40	2	<b>0:15:26</b>
7:35	3	<b>0:23:01</b>
7:30	4	<b>0:30:32</b>
7:30	5	<b>0:38:02</b>
7:30	6	<b>0:45:32</b>
7:30	7	<b>0:53:03</b>
7:30	8	<b>1:00:33</b>
7:30	9	<b>1:08:04</b>
7:30	10	<b>1:15:34</b>
7:30	11	<b>1:23:04</b>
7:30	12	<b>1:30:35</b>
7:30	13	<b>1:38:05</b>
HALF		<b>1:38:54</b>
7:30	14	<b>1:45:36</b>
7:30	15	<b>1:53:06</b>
7:35	16	<b>2:00:41</b>
7:35	17	<b>2:08:17</b>
7:35	18	<b>2:15:52</b>
7:35	19	<b>2:23:28</b>
7:35	20	<b>2:31:03</b>
7:40	21	<b>2:38:43</b>
7:40	22	<b>2:46:24</b>
7:40	23	<b>2:54:04</b>
7:45	24	<b>3:01:50</b>
7:45	25	<b>3:09:35</b>
7:45	26	<b>3:17:20</b>
		<b>3:19:00</b>

Marathon Lap Splits		
BQ2races.com		
avg	7:47	<b>3:24:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	<b>0:04:05</b>
3.73	1	<b>0:29:11</b>
6.94	2	<b>0:53:55</b>
10.15	3	<b>1:18:39</b>
13.11	HALF	<b>1:41:24</b>
13.37	4	<b>1:43:23</b>
16.58	5	<b>2:08:15</b>
19.79	6	<b>2:33:15</b>
23.01	7	<b>2:58:30</b>
		<b>3:24:00</b>

Marathon Lap Splits		
BQ2races.com		
avg	7:58	<b>3:29:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	<b>0:04:10</b>
3.73	1	<b>0:29:53</b>
6.94	2	<b>0:55:14</b>
10.15	3	<b>1:20:35</b>
13.11	HALF	<b>1:43:54</b>
13.37	4	<b>1:45:56</b>
16.58	5	<b>2:11:24</b>
19.79	6	<b>2:37:01</b>
23.01	7	<b>3:02:53</b>
		<b>3:29:00</b>

Marathon Lap Splits		
BQ2races.com		
avg	8:10	<b>3:34:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	<b>0:04:16</b>
3.73	1	<b>0:30:36</b>
6.94	2	<b>0:56:34</b>
10.15	3	<b>1:22:31</b>
13.11	HALF	<b>1:46:24</b>
13.37	4	<b>1:48:29</b>
16.58	5	<b>2:14:34</b>
19.79	6	<b>2:40:48</b>
23.01	7	<b>3:07:16</b>
		<b>3:34:00</b>

Marathon Lap Splits		
BQ2races.com		
avg	8:21	<b>3:39:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
0.51	0	<b>0:04:22</b>
3.73	1	<b>0:31:19</b>
6.94	2	<b>0:57:53</b>
10.15	3	<b>1:24:27</b>
13.11	HALF	<b>1:48:54</b>
13.37	4	<b>1:51:02</b>
16.58	5	<b>2:17:44</b>
19.79	6	<b>2:44:34</b>
23.01	7	<b>3:11:40</b>
		<b>3:39:00</b>

Marathon Mile Splits		
BQ2races.com		
avg	7:47	<b>3:24:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
7:57	1	<b>0:07:57</b>
7:52	2	<b>0:15:49</b>
7:47	3	<b>0:23:36</b>
7:42	4	<b>0:31:17</b>
7:42	5	<b>0:38:59</b>
7:42	6	<b>0:46:41</b>
7:42	7	<b>0:54:23</b>
7:42	8	<b>1:02:05</b>
7:42	9	<b>1:09:47</b>
7:42	10	<b>1:17:28</b>
7:42	11	<b>1:25:10</b>
7:42	12	<b>1:32:52</b>
7:42	13	<b>1:40:34</b>
HALF		<b>1:41:24</b>
7:42	14	<b>1:48:16</b>
7:42	15	<b>1:55:58</b>
7:47	16	<b>2:03:44</b>
7:47	17	<b>2:11:31</b>
7:47	18	<b>2:19:18</b>
7:47	19	<b>2:27:05</b>
7:47	20	<b>2:34:52</b>
7:52	21	<b>2:42:44</b>
7:52	22	<b>2:50:36</b>
7:52	23	<b>2:58:27</b>
7:57	24	<b>3:06:24</b>
7:57	25	<b>3:14:21</b>
7:57	26	<b>3:22:18</b>
		<b>3:24:00</b>

Marathon Mile Splits		
BQ2races.com		
avg	7:58	<b>3:29:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
8:08	1	<b>0:08:08</b>
8:03	2	<b>0:16:12</b>
7:58	3	<b>0:24:10</b>
7:53	4	<b>0:32:03</b>
7:53	5	<b>0:39:56</b>
7:53	6	<b>0:47:50</b>
7:53	7	<b>0:55:43</b>
7:53	8	<b>1:03:36</b>
7:53	9	<b>1:11:30</b>
7:53	10	<b>1:19:23</b>
7:53	11	<b>1:27:16</b>
7:53	12	<b>1:35:09</b>
7:53	13	<b>1:43:03</b>
HALF		<b>1:43:54</b>
7:53	14	<b>1:50:56</b>
7:53	15	<b>1:58:49</b>
7:58	16	<b>2:06:48</b>
7:58	17	<b>2:14:46</b>
7:58	18	<b>2:22:44</b>
7:58	19	<b>2:30:42</b>
7:58	20	<b>2:38:41</b>
8:03	21	<b>2:46:44</b>
8:03	22	<b>2:54:47</b>
8:03	23	<b>3:02:51</b>
8:08	24	<b>3:10:59</b>
8:08	25	<b>3:19:07</b>
8:08	26	<b>3:27:15</b>
		<b>3:29:00</b>

Marathon Mile Splits		
BQ2races.com		
avg	8:10	<b>3:34:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
8:20	1	<b>0:08:20</b>
8:15	2	<b>0:16:34</b>
8:10	3	<b>0:24:44</b>
8:05	4	<b>0:32:49</b>
8:05	5	<b>0:40:54</b>
8:05	6	<b>0:48:58</b>
8:05	7	<b>0:57:03</b>
8:05	8	<b>1:05:08</b>
8:05	9	<b>1:13:13</b>
8:05	10	<b>1:21:17</b>
8:05	11	<b>1:29:22</b>
8:05	12	<b>1:37:27</b>
8:05	13	<b>1:45:31</b>
HALF		<b>1:46:24</b>
8:05	14	<b>1:53:36</b>
8:05	15	<b>2:01:41</b>
8:10	16	<b>2:09:51</b>
8:10	17	<b>2:18:00</b>
8:10	18	<b>2:26:10</b>
8:10	19	<b>2:34:20</b>
8:10	20	<b>2:42:30</b>
8:15	21	<b>2:50:44</b>
8:15	22	<b>2:58:59</b>
8:15	23	<b>3:07:14</b>
8:20	24	<b>3:15:33</b>
8:20	25	<b>3:23:53</b>
8:20	26	<b>3:32:13</b>
		<b>3:34:00</b>

Marathon Mile Splits		
BQ2races.com		
avg	8:21	<b>3:39:00</b>
warm up 1-3, 5-under 4-15, fade 21-26		
8:31	1	<b>0:08:31</b>
8:26	2	<b>0:16:57</b>
8:21	3	<b>0:25:19</b>
8:16	4	<b>0:33:35</b>
8:16	5	<b>0:41:51</b>
8:16	6	<b>0:50:07</b>
8:16	7	<b>0:58:23</b>
8:16	8	<b>1:06:39</b>
8:16	9	<b>1:14:56</b>
8:16	10	<b>1:23:12</b>
8:16	11	<b>1:31:28</b>
8:16	12	<b>1:39:44</b>
8:16	13	<b>1:48:00</b>
HALF		<b>1:48:54</b>
8:16	14	<b>1:56:16</b>
8:16	15	<b>2:04:33</b>
8:21	16	<b>2:12:54</b>
8:21	17	<b>2:21:15</b>
8:21	18	<b>2:29:36</b>
8:21	19	<b>2:37:57</b>
8:21	20	<b>2:46:18</b>
8:26	21	<b>2:54:45</b>
8:26	22	<b>3:03:11</b>
8:26	23	<b>3:11:37</b>
8:31	24	<b>3:20:08</b>
8:31	25	<b>3:28:39</b>
8:31	26	<b>3:37:10</b>
		<b>3:39:00</b>

Marathon Lap Splits			
BQ2races.com			
avg	8:44	3:49:00	
warm up 1-3, 5-under 4-15, fade 21-26			
0.51	0	0:04:34	
3.73	1	0:32:44	
6.94	2	1:00:32	
10.15	3	1:28:20	
13.11	HALF	1:53:54	
13.37	4	1:56:08	
16.58	5	2:24:03	
19.79	6	2:52:07	
23.01	7	3:20:26	
		<b>3:49:00</b>	

Marathon Lap Splits			
BQ2races.com			
avg	8:55	3:54:00	
warm up 1-3, 5-under 4-15, fade 21-26			
0.51	0	0:04:40	
3.73	1	0:33:27	
6.94	2	1:01:51	
10.15	3	1:30:16	
13.11	HALF	1:56:24	
13.37	4	1:58:40	
16.58	5	2:27:13	
19.79	6	2:55:54	
23.01	7	3:24:49	
		<b>3:54:00</b>	

Marathon Lap Splits			
BQ2races.com			
avg	9:18	4:04:00	
warm up 1-3, 5-under 4-15, fade 21-26			
0.51	0	0:04:51	
3.73	1	0:34:52	
6.94	2	1:04:30	
10.15	3	1:34:08	
13.11	HALF	2:01:24	
13.37	4	2:03:46	
16.58	5	2:33:32	
19.79	6	3:03:27	
23.01	7	3:33:36	
		<b>4:04:00</b>	

Marathon Lap Splits			
BQ2races.com			
avg	9:53	4:19:00	
warm up 1-3, 5-under 4-15, fade 21-26			
0.51	0	0:05:09	
3.73	1	0:37:00	
6.94	2	1:08:28	
10.15	3	1:39:57	
13.11	HALF	2:08:54	
13.37	4	2:11:25	
16.58	5	2:43:01	
19.79	6	3:14:46	
23.01	7	3:46:46	
		<b>4:19:00</b>	

Marathon Mile Splits			
BQ2races.com			
avg	8:44	3:49:00	
warm up 1-3, 5-under 4-15, fade 21-26			
8:54	1	0:08:54	
8:49	2	0:17:43	
8:44	3	0:26:27	
8:39	4	0:35:06	
8:39	5	0:43:45	
8:39	6	0:52:24	
8:39	7	1:01:03	
8:39	8	1:09:42	
8:39	9	1:18:21	
8:39	10	1:27:01	
8:39	11	1:35:40	
8:39	12	1:44:19	
8:39	13	1:52:58	
HALF		1:53:54	
8:39	14	2:01:37	
8:39	15	2:10:16	
8:44	16	2:19:00	
8:44	17	2:27:44	
8:44	18	2:36:28	
8:44	19	2:45:12	
8:44	20	2:53:56	
8:49	21	3:02:45	
8:49	22	3:11:34	
8:49	23	3:20:23	
8:54	24	3:29:17	
8:54	25	3:38:11	
8:54	26	3:47:05	
		<b>3:49:00</b>	

Marathon Mile Splits			
BQ2races.com			
avg	8:55	3:54:00	
warm up 1-3, 5-under 4-15, fade 21-26			
9:05	1	0:09:05	
9:00	2	0:18:06	
8:55	3	0:27:01	
8:50	4	0:35:52	
8:50	5	0:44:42	
8:50	6	0:53:33	
8:50	7	1:02:23	
8:50	8	1:11:14	
8:50	9	1:20:04	
8:50	10	1:28:55	
8:50	11	1:37:45	
8:50	12	1:46:36	
8:50	13	1:55:26	
HALF		1:56:24	
8:50	14	2:04:17	
8:50	15	2:13:07	
8:55	16	2:22:03	
8:55	17	2:30:58	
8:55	18	2:39:54	
8:55	19	2:48:49	
8:55	20	2:57:45	
9:00	21	3:06:45	
9:00	22	3:15:46	
9:00	23	3:24:46	
9:05	24	3:33:52	
9:05	25	3:42:57	
9:05	26	3:52:03	
		<b>3:54:00</b>	

Marathon Mile Splits			
BQ2races.com			
avg	9:18	4:04:00	
warm up 1-3, 5-under 4-15, fade 21-26			
9:28	1	0:09:28	
9:23	2	0:18:52	
9:18	3	0:28:10	
9:13	4	0:37:24	
9:13	5	0:46:37	
9:13	6	0:55:50	
9:13	7	1:05:04	
9:13	8	1:14:17	
9:13	9	1:23:30	
9:13	10	1:32:44	
9:13	11	1:41:57	
9:13	12	1:51:11	
9:13	13	2:00:24	
HALF		2:01:24	
9:13	14	2:09:37	
9:13	15	2:18:51	
9:18	16	2:28:09	
9:18	17	2:37:27	
9:18	18	2:46:46	
9:18	19	2:56:04	
9:18	20	3:05:23	
9:23	21	3:14:46	
9:23	22	3:24:09	
9:23	23	3:33:33	
9:28	24	3:43:01	
9:28	25	3:52:29	
9:28	26	4:01:58	
		<b>4:04:00</b>	

Marathon Mile Splits			
BQ2races.com			
avg	9:53	4:19:00	
warm up 1-3, 5-under 4-15, fade 21-26			
10:03	1	0:10:03	
9:58	2	0:20:00	
9:53	3	0:29:53	
9:48	4	0:39:41	
9:48	5	0:49:29	
9:48	6	0:59:16	
9:48	7	1:09:04	
9:48	8	1:18:52	
9:48	9	1:28:39	
9:48	10	1:38:27	
9:48	11	1:48:15	
9:48	12	1:58:02	
9:48	13	2:07:50	
HALF		2:08:54	
9:48	14	2:17:38	
9:48	15	2:27:26	
9:53	16	2:37:18	
9:53	17	2:47:11	
9:53	18	2:57:04	
9:53	19	3:06:56	
9:53	20	3:16:49	
9:58	21	3:26:47	
9:58	22	3:36:45	
9:58	23	3:46:42	
10:03	24	3:56:45	
10:03	25	4:06:48	
10:03	26	4:16:50	
		<b>4:19:00</b>	

**Marathon Lap Splits****BQ2races.com**avg 10:18 **4:30:00**

warm up 1-3, 5-under 4-15, fade 21-26

0.51 **0 0:05:22**3.73 **1 0:38:34**6.94 **2 1:11:23**10.15 **3 1:44:12**13.11 **HALF 2:14:24**13.37 **4 2:17:02**16.58 **5 2:49:59**19.79 **6 3:23:04**23.01 **7 3:56:25****4:30:00****Marathon Mile Splits****BQ2races.com**avg 10:18 **4:30:00**

warm up 1-3, 5-under 4-15, fade 21-26

10:28 **1 0:10:28**10:23 **2 0:20:51**10:18 **3 0:31:09**10:13 **4 0:41:22**10:13 **5 0:51:34**10:13 **6 1:01:47**10:13 **7 1:12:00**10:13 **8 1:22:13**10:13 **9 1:32:26**10:13 **10 1:42:39**10:13 **11 1:52:52**10:13 **12 2:03:05**10:13 **13 2:13:17****HALF 2:14:24**10:13 **14 2:23:30**10:13 **15 2:33:43**10:18 **16 2:44:01**10:18 **17 2:54:19**10:18 **18 3:04:37**10:18 **19 3:14:55**10:18 **20 3:25:13**10:23 **21 3:35:35**10:23 **22 3:45:58**10:23 **23 3:56:21**10:28 **24 4:06:49**10:28 **25 4:17:17**10:28 **26 4:27:45****4:30:00**