

Marathon Lap Splits			
BQ2races.com			
avg	6:45	2:57:00	
warm up 1-3, 5-under 4-15, fade 21-26			
0.98	0	0:06:46	
4.84	1	0:32:48	
7.90	2	0:53:10	
10.95	3	1:13:31	
13.11	HALF	1:27:54	
14.00	4	1:33:53	
17.06	5	1:54:25	
20.11	6	2:15:02	
23.17	7	2:35:55	
		2:57:00	

Marathon Lap Splits			
BQ2races.com			
avg	6:56	3:02:00	
warm up 1-3, 5-under 4-15, fade 21-26			
0.98	0	0:06:57	
4.84	1	0:33:43	
7.90	2	0:54:40	
10.95	3	1:15:36	
13.11	HALF	1:30:24	
14.00	4	1:36:33	
17.06	5	1:57:40	
20.11	6	2:18:52	
23.17	7	2:40:20	
		3:02:00	

Marathon Lap Splits			
BQ2races.com			
avg	7:08	3:07:00	
warm up 1-3, 5-under 4-15, fade 21-26			
0.98	0	0:07:08	
4.84	1	0:34:39	
7.90	2	0:56:10	
10.95	3	1:17:42	
13.11	HALF	1:32:54	
14.00	4	1:39:13	
17.06	5	2:00:55	
20.11	6	2:22:42	
23.17	7	2:44:45	
		3:07:00	

Marathon Lap Splits			
BQ2races.com			
avg	7:31	3:17:00	
warm up 1-3, 5-under 4-15, fade 21-26			
0.98	0	0:07:31	
4.84	1	0:36:30	
7.90	2	0:59:11	
10.95	3	1:21:52	
13.11	HALF	1:37:54	
14.00	4	1:44:34	
17.06	5	2:07:25	
20.11	6	2:30:22	
23.17	7	2:53:35	
		3:17:00	

Marathon Mile Splits			
BQ2races.com			
avg	6:45	2:57:00	
warm up 1-3, 5-under 4-15, fade 21-26			
6:55	1	0:06:55	
6:50	2	0:13:45	
6:45	3	0:20:30	
6:40	4	0:27:10	
6:40	5	0:33:50	
6:40	6	0:40:30	
6:40	7	0:47:10	
6:40	8	0:53:50	
6:40	9	1:00:30	
6:40	10	1:07:11	
6:40	11	1:13:51	
6:40	12	1:20:31	
6:40	13	1:27:11	
HALF		1:27:54	
6:40	14	1:33:51	
6:40	15	1:40:31	
6:45	16	1:47:16	
6:45	17	1:54:01	
6:45	18	2:00:46	
6:45	19	2:07:31	
6:45	20	2:14:16	
6:50	21	2:21:06	
6:50	22	2:27:56	
6:50	23	2:34:46	
6:55	24	2:41:41	
6:55	25	2:48:36	
6:55	26	2:55:31	
1:29	2:57:00		

Marathon Mile Splits			
BQ2races.com			
avg	6:56	3:02:00	
warm up 1-3, 5-under 4-15, fade 21-26			
7:06	1	0:07:06	
7:01	2	0:14:08	
6:56	3	0:21:04	
6:51	4	0:27:56	
6:51	5	0:34:47	
6:51	6	0:41:39	
6:51	7	0:48:30	
6:51	8	0:55:22	
6:51	9	1:02:13	
6:51	10	1:09:05	
6:51	11	1:15:56	
6:51	12	1:22:48	
6:51	13	1:29:39	
HALF		1:30:24	
6:51	14	1:36:31	
6:51	15	1:43:22	
6:56	16	1:50:19	
6:56	17	1:57:15	
6:56	18	2:04:12	
6:56	19	2:11:08	
6:56	20	2:18:05	
7:01	21	2:25:06	
7:01	22	2:32:08	
7:01	23	2:39:09	
7:06	24	2:46:16	
7:06	25	2:53:22	
7:06	26	3:00:29	
1:31	3:02:00		

Marathon Mile Splits			
BQ2races.com			
avg	7:08	3:07:00	
warm up 1-3, 5-under 4-15, fade 21-26			
7:18	1	0:07:18	
7:13	2	0:14:31	
7:08	3	0:21:39	
7:03	4	0:28:42	
7:03	5	0:35:45	
7:03	6	0:42:48	
7:03	7	0:49:51	
7:03	8	0:56:54	
7:03	9	1:03:56	
7:03	10	1:10:59	
7:03	11	1:18:02	
7:03	12	1:25:05	
7:03	13	1:32:08	
HALF		1:32:54	
7:03	14	1:39:11	
7:03	15	1:46:14	
7:08	16	1:53:22	
7:08	17	2:00:30	
7:08	18	2:07:38	
7:08	19	2:14:46	
7:08	20	2:21:54	
7:13	21	2:29:07	
7:13	22	2:36:20	
7:13	23	2:43:33	
7:18	24	2:50:51	
7:18	25	2:58:08	
7:18	26	3:05:26	
1:34	3:07:00		

Marathon Mile Splits			
BQ2races.com			
avg	7:31	3:17:00	
warm up 1-3, 5-under 4-15, fade 21-26			
7:41	1	0:07:41	
7:36	2	0:15:17	
7:31	3	0:22:47	
7:26	4	0:30:13	
7:26	5	0:37:39	
7:26	6	0:45:05	
7:26	7	0:52:31	
7:26	8	0:59:57	
7:26	9	1:07:22	
7:26	10	1:14:48	
7:26	11	1:22:14	
7:26	12	1:29:40	
7:26	13	1:37:06	
HALF		1:37:54	
7:26	14	1:44:32	
7:26	15	1:51:57	
7:31	16	1:59:28	
7:31	17	2:06:59	
7:31	18	2:14:30	
7:31	19	2:22:01	
7:31	20	2:29:31	
7:36	21	2:37:07	
7:36	22	2:44:43	
7:36	23	2:52:19	
7:41	24	3:00:00	
7:41	25	3:07:41	
7:41	26	3:15:21	
1:39	3:17:00		

Marathon Lap Splits		
BQ2races.com		
avg	7:42	3:22:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.98	0	0:07:42
4.84	1	0:37:25
7.90	2	1:00:41
10.95	3	1:23:58
13.11	HALF	1:40:24
14.00	4	1:47:14
17.06	5	2:10:40
20.11	6	2:34:13
23.17	7	2:58:00
		3:22:00

Marathon Lap Splits		
BQ2races.com		
avg	7:54	3:27:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.98	0	0:07:53
4.84	1	0:38:21
7.90	2	1:02:12
10.95	3	1:26:03
13.11	HALF	1:42:54
14.00	4	1:49:54
17.06	5	2:13:56
20.11	6	2:38:03
23.17	7	3:02:25
		3:27:00

Marathon Lap Splits		
BQ2races.com		
avg	8:05	3:32:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.98	0	0:08:04
4.84	1	0:39:16
7.90	2	1:03:42
10.95	3	1:28:08
13.11	HALF	1:45:24
14.00	4	1:52:34
17.06	5	2:17:11
20.11	6	2:41:53
23.17	7	3:06:50
		3:32:00

Marathon Lap Splits		
BQ2races.com		
avg	8:17	3:37:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.98	0	0:08:15
4.84	1	0:40:11
7.90	2	1:05:13
10.95	3	1:30:14
13.11	HALF	1:47:54
14.00	4	1:55:15
17.06	5	2:20:26
20.11	6	2:45:43
23.17	7	3:11:15
		3:37:00

Marathon Mile Splits		
BQ2races.com		
avg	7:42	3:22:00
warm up 1-3, 5-under 4-15, fade 21-26		
7:52	1	0:07:52
7:47	2	0:15:40
7:42	3	0:23:22
7:37	4	0:30:59
7:37	5	0:38:36
7:37	6	0:46:14
7:37	7	0:53:51
7:37	8	1:01:28
7:37	9	1:09:05
7:37	10	1:16:43
7:37	11	1:24:20
7:37	12	1:31:57
7:37	13	1:39:34
HALF		1:40:24
7:37	14	1:47:12
7:37	15	1:54:49
7:42	16	2:02:31
7:42	17	2:10:13
7:42	18	2:17:56
7:42	19	2:25:38
7:42	20	2:33:20
7:47	21	2:41:08
7:47	22	2:48:55
7:47	23	2:56:42
7:52	24	3:04:34
7:52	25	3:12:27
7:52	26	3:20:19
1:41		3:22:00

Marathon Mile Splits		
BQ2races.com		
avg	7:54	3:27:00
warm up 1-3, 5-under 4-15, fade 21-26		
8:04	1	0:08:04
7:59	2	0:16:02
7:54	3	0:23:56
7:49	4	0:31:45
7:49	5	0:39:34
7:49	6	0:47:22
7:49	7	0:55:11
7:49	8	1:03:00
7:49	9	1:10:48
7:49	10	1:18:37
7:49	11	1:26:26
7:49	12	1:34:14
7:49	13	1:42:03
HALF		1:42:54
7:49	14	1:49:52
7:49	15	1:57:41
7:54	16	2:05:34
7:54	17	2:13:28
7:54	18	2:21:22
7:54	19	2:29:15
7:54	20	2:37:09
7:59	21	2:45:08
7:59	22	2:53:07
7:59	23	3:01:05
8:04	24	3:09:09
8:04	25	3:17:13
8:04	26	3:25:16
1:44		3:27:00

Marathon Mile Splits		
BQ2races.com		
avg	8:05	3:32:00
warm up 1-3, 5-under 4-15, fade 21-26		
8:15	1	0:08:15
8:10	2	0:16:25
8:05	3	0:24:30
8:00	4	0:32:31
8:00	5	0:40:31
8:00	6	0:48:31
8:00	7	0:56:31
8:00	8	1:04:31
8:00	9	1:12:31
8:00	10	1:20:31
8:00	11	1:28:32
8:00	12	1:36:32
8:00	13	1:44:32
HALF		1:45:24
8:00	14	1:52:32
8:00	15	2:00:32
8:05	16	2:08:37
8:05	17	2:16:43
8:05	18	2:24:48
8:05	19	2:32:53
8:05	20	2:40:58
8:10	21	2:49:08
8:10	22	2:57:18
8:10	23	3:05:28
8:15	24	3:13:44
8:15	25	3:21:59
8:15	26	3:30:14
1:46		3:32:00

Marathon Mile Splits		
BQ2races.com		
avg	8:17	3:37:00
warm up 1-3, 5-under 4-15, fade 21-26		
8:27	1	0:08:27
8:22	2	0:16:48
8:17	3	0:25:05
8:12	4	0:33:16
8:12	5	0:41:28
8:12	6	0:49:40
8:12	7	0:57:51
8:12	8	1:06:03
8:12	9	1:14:14
8:12	10	1:22:26
8:12	11	1:30:38
8:12	12	1:38:49
8:12	13	1:47:01
HALF		1:47:54
8:12	14	1:55:12
8:12	15	2:03:24
8:17	16	2:11:40
8:17	17	2:19:57
8:17	18	2:28:14
8:17	19	2:36:30
8:17	20	2:44:47
8:22	21	2:53:08
8:22	22	3:01:30
8:22	23	3:09:52
8:27	24	3:18:18
8:27	25	3:26:45
8:27	26	3:35:11
1:49		3:37:00

Marathon Lap Splits		
BQ2races.com		
avg	8:39	3:47:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.98	0	0:08:38
4.84	1	0:42:02
7.90	2	1:08:13
10.95	3	1:34:24
13.11	HALF	1:52:54
14.00	4	2:00:35
17.06	5	2:26:56
20.11	6	2:53:23
23.17	7	3:20:05
		3:47:00

Marathon Lap Splits		
BQ2races.com		
avg	8:51	3:52:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.98	0	0:08:49
4.84	1	0:42:58
7.90	2	1:09:44
10.95	3	1:36:30
13.11	HALF	1:55:24
14.00	4	2:03:15
17.06	5	2:30:12
20.11	6	2:57:13
23.17	7	3:24:31
		3:52:00

Marathon Lap Splits		
BQ2races.com		
avg	9:14	4:02:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.98	0	0:09:11
4.84	1	0:44:49
7.90	2	1:12:44
10.95	3	1:40:40
13.11	HALF	2:00:24
14.00	4	2:08:36
17.06	5	2:36:42
20.11	6	3:04:54
23.17	7	3:33:21
		4:02:00

Marathon Lap Splits		
BQ2races.com		
avg	9:48	4:17:00
warm up 1-3, 5-under 4-15, fade 21-26		
0.98	0	0:09:45
4.84	1	0:47:35
7.90	2	1:17:15
10.95	3	1:46:56
13.11	HALF	2:07:54
14.00	4	2:16:37
17.06	5	2:46:27
20.11	6	3:16:24
23.17	7	3:46:36
		4:17:00

Marathon Mile Splits		
BQ2races.com		
avg	8:39	3:47:00
warm up 1-3, 5-under 4-15, fade 21-26		
8:49	1	0:08:49
8:44	2	0:17:34
8:39	3	0:26:13
8:34	4	0:34:48
8:34	5	0:43:22
8:34	6	0:51:57
8:34	7	1:00:31
8:34	8	1:09:06
8:34	9	1:17:40
8:34	10	1:26:15
8:34	11	1:34:49
8:34	12	1:43:24
8:34	13	1:51:58
HALF		1:52:54
8:34	14	2:00:33
8:34	15	2:09:07
8:39	16	2:17:47
8:39	17	2:26:26
8:39	18	2:35:06
8:39	19	2:43:45
8:39	20	2:52:25
8:44	21	3:01:09
8:44	22	3:09:53
8:44	23	3:18:38
8:49	24	3:27:27
8:49	25	3:36:17
8:49	26	3:45:06
1:54	3:47:00	

Marathon Mile Splits		
BQ2races.com		
avg	8:51	3:52:00
warm up 1-3, 5-under 4-15, fade 21-26		
9:01	1	0:09:01
8:56	2	0:17:57
8:51	3	0:26:48
8:46	4	0:35:34
8:46	5	0:44:20
8:46	6	0:53:06
8:46	7	1:01:51
8:46	8	1:10:37
8:46	9	1:19:23
8:46	10	1:28:09
8:46	11	1:36:55
8:46	12	1:45:41
8:46	13	1:54:27
HALF		1:55:24
8:46	14	2:03:13
8:46	15	2:11:59
8:51	16	2:20:50
8:51	17	2:29:41
8:51	18	2:38:32
8:51	19	2:47:22
8:51	20	2:56:13
8:56	21	3:05:09
8:56	22	3:14:05
8:56	23	3:23:01
9:01	24	3:32:02
9:01	25	3:41:03
9:01	26	3:50:04
1:56	3:52:00	

Marathon Mile Splits		
BQ2races.com		
avg	9:14	4:02:00
warm up 1-3, 5-under 4-15, fade 21-26		
9:24	1	0:09:24
9:19	2	0:18:43
9:14	3	0:27:56
9:09	4	0:37:05
9:09	5	0:46:14
9:09	6	0:55:23
9:09	7	1:04:32
9:09	8	1:13:40
9:09	9	1:22:49
9:09	10	1:31:58
9:09	11	1:41:07
9:09	12	1:50:16
9:09	13	1:59:24
HALF		2:00:24
9:09	14	2:08:33
9:09	15	2:17:42
9:14	16	2:26:56
9:14	17	2:36:10
9:14	18	2:45:23
9:14	19	2:54:37
9:14	20	3:03:51
9:19	21	3:13:10
9:19	22	3:22:29
9:19	23	3:31:47
9:24	24	3:41:11
9:24	25	3:50:35
9:24	26	3:59:59
2:01	4:02:00	

Marathon Mile Splits		
BQ2races.com		
avg	9:48	4:17:00
warm up 1-3, 5-under 4-15, fade 21-26		
9:58	1	0:09:58
9:53	2	0:19:51
9:48	3	0:29:39
9:43	4	0:39:23
9:43	5	0:49:06
9:43	6	0:58:49
9:43	7	1:08:32
9:43	8	1:18:15
9:43	9	1:27:58
9:43	10	1:37:41
9:43	11	1:47:24
9:43	12	1:57:08
9:43	13	2:06:51
HALF		2:07:54
9:43	14	2:16:34
9:43	15	2:26:17
9:48	16	2:36:05
9:48	17	2:45:53
9:48	18	2:55:41
9:48	19	3:05:29
9:48	20	3:15:18
9:53	21	3:25:11
9:53	22	3:35:04
9:53	23	3:44:57
9:58	24	3:54:55
9:58	25	4:04:53
9:58	26	4:14:51
2:09	4:17:00	

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

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

0.98 **0 0:10:14**4.84 **1 0:49:59**7.90 **2 1:21:10**10.95 **3 1:52:22**13.11 **HALF 2:14:24**14.00 **4 2:23:33**17.06 **5 2:54:55**20.11 **6 3:26:22**23.17 **7 3:58:05****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**2:15 **4:30:00**