

| Marathon Lap Splits | | |
|---------------------------------------|------|----------------|
| BQ2races.com | | |
| 6:43 | avg | 2:56:00 |
| warm up 1-3, 5-under 4-15, fade 21-26 | | |
| 1.79 | 0 | 0:12:19 |
| 4.84 | 1 | 0:32:37 |
| 7.90 | 2 | 0:52:52 |
| 10.95 | 3 | 1:13:06 |
| 13.11 | HALF | 1:27:24 |
| 14.00 | 4 | 1:33:21 |
| 17.06 | 5 | 1:53:45 |
| 20.11 | 6 | 2:14:16 |
| 23.17 | 7 | 2:35:02 |
| | | 2:56:00 |

| Marathon Lap Splits | | |
|---------------------------------------|------|----------------|
| BQ2races.com | | |
| 6:54 | avg | 3:01:00 |
| warm up 1-3, 5-under 4-15, fade 21-26 | | |
| 1.79 | 0 | 0:12:40 |
| 4.84 | 1 | 0:33:32 |
| 7.90 | 2 | 0:54:22 |
| 10.95 | 3 | 1:15:11 |
| 13.11 | HALF | 1:29:54 |
| 14.00 | 4 | 1:36:01 |
| 17.06 | 5 | 1:57:01 |
| 20.11 | 6 | 2:18:06 |
| 23.17 | 7 | 2:39:27 |
| | | 3:01:00 |

| Marathon Lap Splits | | |
|---------------------------------------|------|----------------|
| BQ2races.com | | |
| 7:06 | avg | 3:06:00 |
| warm up 1-3, 5-under 4-15, fade 21-26 | | |
| 1.79 | 0 | 0:13:00 |
| 4.84 | 1 | 0:34:28 |
| 7.90 | 2 | 0:55:52 |
| 10.95 | 3 | 1:17:17 |
| 13.11 | HALF | 1:32:24 |
| 14.00 | 4 | 1:38:41 |
| 17.06 | 5 | 2:00:16 |
| 20.11 | 6 | 2:21:56 |
| 23.17 | 7 | 2:43:52 |
| | | 3:06:00 |

| Marathon Lap Splits | | |
|---------------------------------------|------|----------------|
| BQ2races.com | | |
| 7:29 | avg | 3:16:00 |
| warm up 1-3, 5-under 4-15, fade 21-26 | | |
| 1.79 | 0 | 0:13:41 |
| 4.84 | 1 | 0:36:19 |
| 7.90 | 2 | 0:58:53 |
| 10.95 | 3 | 1:21:27 |
| 13.11 | HALF | 1:37:24 |
| 14.00 | 4 | 1:44:02 |
| 17.06 | 5 | 2:06:46 |
| 20.11 | 6 | 2:29:36 |
| 23.17 | 7 | 2:52:42 |
| | | 3:16:00 |

| Marathon Mile Splits | | |
|---------------------------------------|----------------|----------------|
| BQ2races.com | | |
| 6:43 | avg | 2:56:00 |
| 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 |
| 1:28 | 2:56:00 | |

| Marathon Mile Splits | | |
|---------------------------------------|----------------|----------------|
| BQ2races.com | | |
| 6:54 | avg | 3:01:00 |
| 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 |
| 1:31 | 3:01:00 | |

| Marathon Mile Splits | | |
|---------------------------------------|----------------|----------------|
| BQ2races.com | | |
| 7:06 | avg | 3:06:00 |
| 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 |
| 1:33 | 3:06:00 | |

| Marathon Mile Splits | | |
|---------------------------------------|----------------|----------------|
| BQ2races.com | | |
| 7:29 | avg | 3:16:00 |
| 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 |
| 1:38 | 3:16:00 | |

| Marathon Lap Splits | | |
|---------------------------------------|------|----------------|
| BQ2races.com | | |
| 7:40 | avg | 3:21:00 |
| warm up 1-3, 5-under 4-15, fade 21-26 | | |
| 1.79 | 0 | 0:14:02 |
| 4.84 | 1 | 0:37:14 |
| 7.90 | 2 | 1:00:23 |
| 10.95 | 3 | 1:23:33 |
| 13.11 | HALF | 1:39:54 |
| 14.00 | 4 | 1:46:42 |
| 17.06 | 5 | 2:10:01 |
| 20.11 | 6 | 2:33:27 |
| 23.17 | 7 | 2:57:07 |
| | | 3:21:00 |

| Marathon Lap Splits | | |
|---------------------------------------|------|----------------|
| BQ2races.com | | |
| 7:51 | avg | 3:26:00 |
| warm up 1-3, 5-under 4-15, fade 21-26 | | |
| 1.79 | 0 | 0:14:22 |
| 4.84 | 1 | 0:38:10 |
| 7.90 | 2 | 1:01:54 |
| 10.95 | 3 | 1:25:38 |
| 13.11 | HALF | 1:42:24 |
| 14.00 | 4 | 1:49:22 |
| 17.06 | 5 | 2:13:17 |
| 20.11 | 6 | 2:37:17 |
| 23.17 | 7 | 3:01:32 |
| | | 3:26:00 |

| Marathon Lap Splits | | |
|---------------------------------------|------|----------------|
| BQ2races.com | | |
| 8:03 | avg | 3:31:00 |
| warm up 1-3, 5-under 4-15, fade 21-26 | | |
| 1.79 | 0 | 0:14:43 |
| 4.84 | 1 | 0:39:05 |
| 7.90 | 2 | 1:03:24 |
| 10.95 | 3 | 1:27:43 |
| 13.11 | HALF | 1:44:54 |
| 14.00 | 4 | 1:52:02 |
| 17.06 | 5 | 2:16:32 |
| 20.11 | 6 | 2:41:07 |
| 23.17 | 7 | 3:05:57 |
| | | 3:31:00 |

| Marathon Lap Splits | | |
|---------------------------------------|------|----------------|
| BQ2races.com | | |
| 8:14 | avg | 3:36:00 |
| warm up 1-3, 5-under 4-15, fade 21-26 | | |
| 1.79 | 0 | 0:15:03 |
| 4.84 | 1 | 0:40:00 |
| 7.90 | 2 | 1:04:54 |
| 10.95 | 3 | 1:29:49 |
| 13.11 | HALF | 1:47:24 |
| 14.00 | 4 | 1:54:43 |
| 17.06 | 5 | 2:19:47 |
| 20.11 | 6 | 2:44:57 |
| 23.17 | 7 | 3:10:22 |
| | | 3:36:00 |

| Marathon Mile Splits | | |
|---------------------------------------|----------------|---------|
| BQ2races.com | | |
| 7:40 | avg | 3:21:00 |
| 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 |
| 1:41 | 3:21:00 | |

| Marathon Mile Splits | | |
|---------------------------------------|----------------|---------|
| BQ2races.com | | |
| 7:51 | avg | 3:26:00 |
| 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 |
| 1:43 | 3:26:00 | |

| Marathon Mile Splits | | |
|---------------------------------------|----------------|---------|
| BQ2races.com | | |
| 8:03 | avg | 3:31:00 |
| 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 |
| 1:46 | 3:31:00 | |

| Marathon Mile Splits | | |
|---------------------------------------|----------------|---------|
| BQ2races.com | | |
| 8:14 | avg | 3:36:00 |
| 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 |
| 1:48 | 3:36:00 | |

| Marathon Lap Splits | | |
|---------------------------------------|------|----------------|
| BQ2races.com | | |
| 8:37 | avg | 3:46:00 |
| warm up 1-3, 5-under 4-15, fade 21-26 | | |
| 1.79 | 0 | 0:15:44 |
| 4.84 | 1 | 0:41:51 |
| 7.90 | 2 | 1:07:55 |
| 10.95 | 3 | 1:33:59 |
| 13.11 | HALF | 1:52:24 |
| 14.00 | 4 | 2:00:03 |
| 17.06 | 5 | 2:26:17 |
| 20.11 | 6 | 2:52:37 |
| 23.17 | 7 | 3:19:12 |
| | | 3:46:00 |

| Marathon Lap Splits | | |
|---------------------------------------|------|----------------|
| BQ2races.com | | |
| 8:49 | avg | 3:51:00 |
| warm up 1-3, 5-under 4-15, fade 21-26 | | |
| 1.79 | 0 | 0:16:05 |
| 4.84 | 1 | 0:42:47 |
| 7.90 | 2 | 1:09:26 |
| 10.95 | 3 | 1:36:04 |
| 13.11 | HALF | 1:54:54 |
| 14.00 | 4 | 2:02:43 |
| 17.06 | 5 | 2:29:33 |
| 20.11 | 6 | 2:56:27 |
| 23.17 | 7 | 3:23:37 |
| | | 3:51:00 |

| Marathon Lap Splits | | |
|---------------------------------------|------|----------------|
| BQ2races.com | | |
| 9:12 | avg | 4:01:00 |
| warm up 1-3, 5-under 4-15, fade 21-26 | | |
| 1.79 | 0 | 0:16:46 |
| 4.84 | 1 | 0:44:38 |
| 7.90 | 2 | 1:12:26 |
| 10.95 | 3 | 1:40:15 |
| 13.11 | HALF | 1:59:54 |
| 14.00 | 4 | 2:08:04 |
| 17.06 | 5 | 2:36:03 |
| 20.11 | 6 | 3:04:07 |
| 23.17 | 7 | 3:32:28 |
| | | 4:01:00 |

| Marathon Lap Splits | | |
|---------------------------------------|------|----------------|
| BQ2races.com | | |
| 9:46 | avg | 4:16:00 |
| warm up 1-3, 5-under 4-15, fade 21-26 | | |
| 1.79 | 0 | 0:17:47 |
| 4.84 | 1 | 0:47:24 |
| 7.90 | 2 | 1:16:57 |
| 10.95 | 3 | 1:46:31 |
| 13.11 | HALF | 2:07:24 |
| 14.00 | 4 | 2:16:05 |
| 17.06 | 5 | 2:45:48 |
| 20.11 | 6 | 3:15:38 |
| 23.17 | 7 | 3:45:43 |
| | | 4:16:00 |

| Marathon Mile Splits | | |
|---------------------------------------|----------------|---------|
| BQ2races.com | | |
| 8:37 | avg | 3:46:00 |
| 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 |
| 1:53 | 3:46:00 | |

| Marathon Mile Splits | | |
|---------------------------------------|----------------|---------|
| BQ2races.com | | |
| 8:49 | avg | 3:51:00 |
| 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 |
| 1:56 | 3:51:00 | |

| Marathon Mile Splits | | |
|---------------------------------------|----------------|---------|
| BQ2races.com | | |
| 9:12 | avg | 4:01:00 |
| 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 |
| 2:01 | 4:01:00 | |

| Marathon Mile Splits | | |
|---------------------------------------|----------------|---------|
| BQ2races.com | | |
| 9:46 | avg | 4:16:00 |
| 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 |
| 2:08 | 4:16:00 | |

Marathon Lap Splits

BQ2races.com

10:18 avg **4:30:00**

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

1.79 **0 0:18:44**

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

10:18 avg **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**