

Mile/Min Mile	1	2	3	4	5	6	7	8	9	10	11	12	13
04:30	0:04:30	0:09:00	0:13:30	0:18:00	0:22:30	0:27:00	0:31:30	0:36:00	0:40:30	0:45:00	0:49:30	0:54:00	0:58:30
7:30 AM	7:34:30 AM	7:39:00 AM	7:43:30 AM	7:48:00 AM	7:52:30 AM	7:57:00 AM	8:01:30 AM	8:06:00 AM	8:10:30 AM	8:15:00 AM	8:19:30 AM	8:24:00 AM	8:28:30 AM
05:00	0:05:00	0:10:00	0:15:00	0:20:00	0:25:00	0:30:00	0:35:00	0:40:00	0:45:00	0:50:00	0:55:00	1:00:00	1:05:00
	7:35:00 AM	7:40:00 AM	7:45:00 AM	7:50:00 AM	7:55:00 AM	8:00:00 AM	8:05:00 AM	8:10:00 AM	8:15:00 AM	8:20:00 AM	8:25:00 AM	8:30:00 AM	8:35:00 AM
05:30	0:05:30	0:11:00	0:16:30	0:22:00	0:27:30	0:33:00	0:38:30	0:44:00	0:49:30	0:55:00	1:00:30	1:06:00	1:11:30
	7:35:30 AM	7:41:00 AM	7:46:30 AM	7:52:00 AM	7:57:30 AM	8:03:00 AM	8:08:30 AM	8:14:00 AM	8:19:30 AM	8:25:00 AM	8:30:30 AM	8:36:00 AM	8:41:30 AM
06:00	0:06:00	0:12:00	0:18:00	0:24:00	0:30:00	0:36:00	0:42:00	0:48:00	0:54:00	1:00:00	1:06:00	1:12:00	1:18:00
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06:30	0:06:30	0:13:00	0:19:30	0:26:00	0:32:30	0:39:00	0:45:30	0:52:00	0:58:30	1:05:00	1:11:30	1:18:00	1:24:30
	7:36:30 AM	7:43:00 AM	7:49:30 AM	7:56:00 AM	8:02:30 AM	8:09:00 AM	8:15:30 AM	8:22:00 AM	8:28:30 AM	8:35:00 AM	8:41:30 AM	8:48:00 AM	8:54:30 AM
07:00	0:07:00	0:14:00	0:21:00	0:28:00	0:35:00	0:42:00	0:49:00	0:56:00	1:03:00	1:10:00	1:17:00	1:24:00	1:31:00
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07:30	0:07:30	0:15:00	0:22:30	0:30:00	0:37:30	0:45:00	0:52:30	1:00:00	1:07:30	1:15:00	1:22:30	1:30:00	1:37:30
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08:00	0:08:00	0:16:00	0:24:00	0:32:00	0:40:00	0:48:00	0:56:00	1:04:00	1:12:00	1:20:00	1:28:00	1:36:00	1:44:00
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16:09	0:16:09	0:32:18	0:48:27	1:04:36	1:20:45	1:36:54	1:53:03	2:09:12	2:25:21	2:41:30	2:57:39	3:13:48	3:29:57
	7:46:09 AM	8:02:18 AM	8:18:27 AM	8:34:36 AM	8:50:45 AM	9:06:54 AM	9:23:03 AM	9:39:12 AM	9:55:21 AM	10:11:30 AM	10:27:39 AM	10:43:48 AM	10:59:57 AM