

Start - 5 km	29:20	5:51 min/km	217	187	59
5 km - 10 km	30:18	6:03 min/km	239	207	67
10 km - 15 km	34:24	6:52 min/km	274	233	77
15 km - 20 km	30:33	6:06 min/km	198	173	57
20 km - 25 km *	31:29	6:17 min/km			
25 km - 30 km *	32:44	6:32 min/km			
30 km - 35 km	33:04	6:36 min/km	165	144	46
35 km - 40 km	34:12	6:50 min/km	140	121	39
Start - 21.1 km // 1st 21k	2:11:28	6:13 min/km	224	191	64
21.1 km - Finish // 2nd 21k	2:18:09	6:32 min/km	153	135	42

* Prediction

Splits

	Time of Day	Gun Time	Chip Time	Speed/Pace	Overall	Gender	Age Group
Start	06:15:19	00:19			1	1	1
5 km	06:44:39	29:39	29:20	5:51 min/km	217	187	59
10 km	07:14:57	59:57	59:38	6:03 min/km	231	200	67
15 km	07:49:21	1:34:21	1:34:02	6:52 min/km	245	210	68
20 km	08:19:54	2:04:54	2:04:35	6:06 min/km	235	202	67
21.1 km	08:26:47	2:11:47	2:11:28	6:16 min/km	224	191	64
25 km *	08:51:23	2:36:23	2:36:04	6:18 min/km			
30 km	09:24:07	3:09:07	3:08:48	6:32 min/km	209	181	62
35 km	09:57:11	3:42:11	3:41:52	6:36 min/km	192	167	56
40 km	10:31:23	4:16:23	4:16:04	6:50 min/km	185	164	54
Finish	10:44:56	4:29:56	4:29:37	6:10 min/km	184	164	53