



	LEAD RUNNER	BACK MARKER
1K	11.03	11.09
2K	11.06	11.18
3K	11.09	11.27
4K	11.12	11.36
5K	11.15	11.45
6K	11.18	11.54
7K	11.21	12.03
8K	11.24	12.12
9K	11.27	12.21
10K	11.30	12.36

- all runners route
- 10K route
- - - 5K route
- - - 10K 2nd Lap