CITY MILE DASH

Mile split bands

6 minute mile

400 m 1:29 | 800 m 2:59 | 1200 m 4:28 | 1600 m 5:58

7 minute mile

400 m 1:44 | 800 m 3:29 | 1200 m 5:13 | 1600 m 6:58

8 minute mile

400 m 1:59 | 800 m 3:59 | 1200 m 5:58 | 1600 m 7:57

9 minute mile

400 m 2:14 | 800 m 4:28 | 1200 m 6:43 | 1600 m 8:57

10 minute mile

400 m 2:29 | 800 m 4:58 | 1200 m 7:27 | 1600 m 9:57

12 minute mile

400 m 2:59 | 800 m 5:58 | 1200 m 8:57 | 1600 m 11:56

15 minute mile

400 m 3:44 | 800 m 7:27 | 1200 m 11:11 | 1600 m 14:55