Cruise 1k and mile paces paces

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| Current 5k time | 1k’s | mile |
| 15:00 | 3:20-3:11 | 5:21-5:06 |
| 15:30 | 3:27-3:13 | 5:31-5:16 |
| 16:00 | 3:33-3:23 | 5:41-5:25 |
| 16:30 | 3:39-3:29 | 5:51-5:35 |
| 17:00 | 3:46-3:35 | 6:01-5:45 |
| 17:30 | 3:52-3:41 | 6:11-5:54 |
| 18:00 | 3:58-3:47 | 6:21-6:04 |
| 18:30 | 4:04-3:53 | 6:31-6:13 |
| 19:00 | 4:11-3:59 | 7:02-6:41 |
| 19:30 | 4:17-4:05 | 6:51-6:32 |
| 20:00 | 4:23-4:11 | 7:01-6:42 |
| 20:30 | 4:29-4:17 | 7:11-6:52 |
| 21:00 | 4:36-4:23 | 7:21-7:01 |
| 21:30 | 4:42-4:29 | 7:31-7:11 |
| 22:00 | 4:48-4:35 | 7:41-7:20 |
| 22:30 | 4:54-4:41 | 7:51-7:29 |
| 23:00 | 5:00-4:47 | 8:01-7:39 |
| 23:30 | 5:06-4:53 | 8:11-7:48 |
| 24:00 | 5:13-4:58 | 8:21-7:58 |
| 24:30 | 5:19-5:04 | 8:30-8:07 |
| 25:00 | 5:25-5:10 | 8:40-8:17 |
| 25:30 | 5:31-5:16 | 8:50-8:26 |
| 26:00 | 5:37-5:22 | 9:00-8:35 |
| 26:30 | 5:43-5:28 | 9:10-8:45 |
| 27:00 | 5:50-5:34 | 9:20-8:54 |
| 27:30 | 5:56-5:39 | 9:29-9:03 |
| 28:00 | 6:02-5:45 | 9:39-9:13 |
| 28:30 | 6:08-5:51 | 9:49-9:22 |
| 29:00 | 6:14-5:57 | 9:59-9:31 |
| 29:30 | 6:20-6:03 | 10:08-9:41 |
| 30:00 | 6:26-6:09 | 10:18-9:50 |