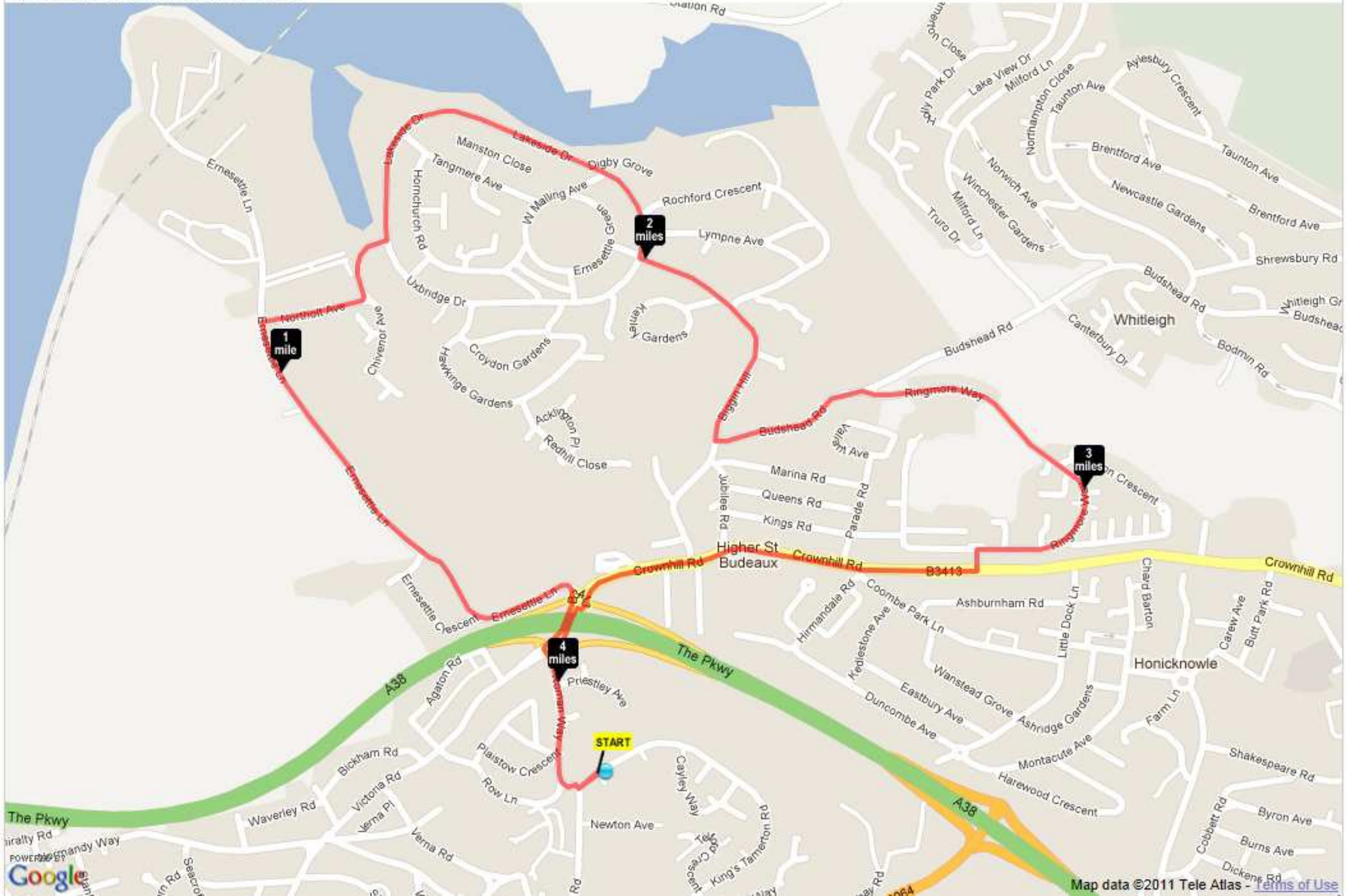Ernesettle 12 min mile : 4.22 miles