

MO FARAH TIMES

Mo Farah	Time		Time
1Mile	00:03:55	1Mile	
1200	00:02:57	1200	
1000	00:02:27	1000	
800	00:01:57	800	
600	00:01:20	600	
400	00:00:50	400	
200	00:00:25	200	