



YOU WILL NEVER RUN ALONE

Diploma

KRIS POL

Race number: 8050 | Gender: F
Nationality: NETHERLANDS
Club:

Place: 3638 Age Group: F40 Place Age Group: 110

Time (iliquid): 5:40:09	Pace: 0:08:03	Time (liquid): 5:38:09
Check-Point nº 1 - 5k: 0:34:50	Check-Point nº 2 - 10k: 1:09:23	Check-Point nº 3 - 15k: 1:47:33
Check-Point nº 4 - 19.4k: 2:19:57	Check-Point nº 5 - 20k: 2:24:12	Check-Point nº 6 - 20.2k: 2:25:53
Check-Point nº 7 - MM: 2:32:28	Check-Point nº 8 - 25k: 3:04:50	Check-Point nº 9 - 25.2k: 3:06:41
Check-Point nº 10 - 30k: 3:47:58	Check-Point nº 11 - 35k: 4:36:24	Check-Point nº 12 - 40k: 5:21:50
Check-Point nº 13 - 41.1k: 5:32:03		