



YOU WILL NEVER RUN ALONE

Diploma

FRANS VAN DER WERFF

Race number: 8576 | Gender: M

Nationality: NETHERLANDS

Club:

Place: 2009

Age Group: M55

Place Age Group: 110

Time (iliquid): 4:09:36

Pace: 0:05:55

Time (liquid): 4:08:53

Check-Point nº 1 - 5k: 0:28:04

Check-Point nº 2 - 10k: 0:55:01

Check-Point nº 3 - 15k: 1:22:10

Check-Point nº 4 - 19.4k: 1:46:23

Check-Point nº 5 - 20k: 1:49:44

Check-Point nº 6 - 20.2k: 1:50:40

Check-Point nº 7 - MM: 1:55:48

Check-Point nº 8 - 25k: 2:18:09

Check-Point nº 9 - 25.2k: 2:19:09

Check-Point nº 10 - 30k: 2:47:47

Check-Point nº 11 - 35k: 3:19:56

Check-Point nº 12 - 40k: 3:56:18

Check-Point nº 13 - 41.1k: 4:03:31