



**YOU WILL NEVER RUN ALONE**

Diploma

**GOWER TAN**

Race number: 1173 | Gender: M  
Nationality: UNITED KINGDOM  
Club: DULWICH RUNNERS

Place: 387      Age Group: M50      Place Age Group: 49

|                                    |                                  |                                   |
|------------------------------------|----------------------------------|-----------------------------------|
| Time (iliquid): 3:17:02            | Pace: 0:04:40                    | Time (liquid): 3:16:36            |
| Check-Point nº 1 - 5k: 0:23:01     | Check-Point nº 2 - 10k: 0:45:27  | Check-Point nº 3 - 15k: 1:08:09   |
| Check-Point nº 4 - 19.4k: 1:28:01  | Check-Point nº 5 - 20k: 1:30:47  | Check-Point nº 6 - 20.2k: 1:31:33 |
| Check-Point nº 7 - MM: 1:35:43     | Check-Point nº 8 - 25k: 1:53:45  | Check-Point nº 9 - 25.2k: 1:54:30 |
| Check-Point nº 10 - 30k: 2:17:08   | Check-Point nº 11 - 35k: 2:40:51 | Check-Point nº 12 - 40k: 3:05:50  |
| Check-Point nº 13 - 41.1k: 3:12:10 |                                  |                                   |