



YOU WILL NEVER RUN ALONE

Diploma

RYAN WEST

Race number: 8911 | Gender: M

Nationality: SOUTH AFRICA

Club:

Place: 3261

Age Group: M40

Place Age Group: 425

Time (iliquid): 4:58:21

Pace: 0:07:04

Time (liquid): 4:57:21

Check-Point nº 1 - 5k: 0:30:24

Check-Point nº 2 - 10k: 0:59:46

Check-Point nº 3 - 15k: 1:29:33

Check-Point nº 4 - 19.4k: 1:55:42

Check-Point nº 5 - 20k: 1:59:11

Check-Point nº 6 - 20.2k: 2:00:23

Check-Point nº 7 - MM: 2:05:43

Check-Point nº 8 - 25k: 2:34:56

Check-Point nº 9 - 25.2k: 2:36:56

Check-Point nº 10 - 30k: 3:13:54

Check-Point nº 11 - 35k: 4:01:22

Check-Point nº 12 - 40k: 4:38:53

Check-Point nº 13 - 41.1k: 4:49:31