



YOU WILL NEVER RUN ALONE

Diploma

ABEL CHELANGAT

Race number: 12 | Gender: M

Nationality: UGANDA

Club:

Place: 1

Age Group: M20

Place Age Group: 1

Time (iliquid): 2:10:01

Pace: 0:03:05

Time (liquid): 2:09:59

Check-Point nº 1 - 5k: 0:15:03

Check-Point nº 2 - 10k: 0:30:07

Check-Point nº 3 - 15k: 0:45:23

Check-Point nº 4 - 19.4k: 0:59:02

Check-Point nº 5 - 20k: 1:00:53

Check-Point nº 6 - 20.2k: 1:01:26

Check-Point nº 7 - MM: 1:04:20

Check-Point nº 8 - 25k: 1:16:42

Check-Point nº 9 - 25.2k: 1:17:12

Check-Point nº 10 - 30k: 1:32:19

Check-Point nº 11 - 35k: 1:47:38

Check-Point nº 12 - 40k: 2:03:05

Check-Point nº 13 - 41.1k: 2:06:39