



**YOU WILL NEVER RUN ALONE**

Diploma

**LONE FRIIS**

Race number: 8385 | Gender: F  
Nationality: DENMARK  
Club:

Place: 2375      Age Group: F45      Place Age Group: 54

Time (iliquid): 4:22:22	Pace: 0:06:11	Time (liquid): 4:20:01
Check-Point nº 1 - 5k: 0:33:52	Check-Point nº 2 - 10k: 1:03:49	Check-Point nº 3 - 15k: 1:34:40
Check-Point nº 4 - 19.4k: 2:01:46	Check-Point nº 5 - 20k: 2:05:31	Check-Point nº 6 - 20.2k: 2:06:40
Check-Point nº 7 - MM: 2:12:25	Check-Point nº 8 - 25k: 2:36:29	Check-Point nº 9 - 25.2k: 2:37:34
Check-Point nº 10 - 30k: 3:07:35	Check-Point nº 11 - 35k: 3:37:56	Check-Point nº 12 - 40k: 4:09:18
Check-Point nº 13 - 41.1k: 4:16:28		