



**YOU WILL NEVER RUN ALONE**

Diploma

**IWONA CIESLA**

Race number: 8608 | Gender: F  
Nationality: POLÓNIA  
Club:

Place: 1381      Age Group: F45      Place Age Group: 19

|                                    |                                  |                                   |
|------------------------------------|----------------------------------|-----------------------------------|
| Time (iliquid): 3:51:17            | Pace: 0:05:27                    | Time (liquid): 3:49:01            |
| Check-Point nº 1 - 5k: 0:29:09     | Check-Point nº 2 - 10k: 0:55:29  | Check-Point nº 3 - 15k: 1:21:36   |
| Check-Point nº 4 - 19.4k: 1:44:28  | Check-Point nº 5 - 20k: 1:47:35  | Check-Point nº 6 - 20.2k: 1:48:30 |
| Check-Point nº 7 - MM: 1:53:23     | Check-Point nº 8 - 25k: 2:14:23  | Check-Point nº 9 - 25.2k: 2:15:17 |
| Check-Point nº 10 - 30k: 2:41:52   | Check-Point nº 11 - 35k: 3:09:34 | Check-Point nº 12 - 40k: 3:38:37  |
| Check-Point nº 13 - 41.1k: 3:45:19 |                                  |                                   |