



YOU WILL NEVER RUN ALONE

Diploma

JAMES NICHOLS

Race number: 1167 | Gender: M
Nationality: REINO UNIDO
Club: EAST LONDON RUNNERS

Place: 619 Age Group: M40 Place Age Group: 124

Time (iliquid): 3:28:12	Pace: 0:04:57	Time (liquid): 3:27:56
Check-Point nº 1 - 5k: 0:22:43	Check-Point nº 2 - 10k: 0:44:42	Check-Point nº 3 - 15k: 1:07:38
Check-Point nº 4 - 19.4k: 1:28:08	Check-Point nº 5 - 20k: 1:31:00	Check-Point nº 6 - 20.2k: 1:31:48
Check-Point nº 7 - MM: 1:36:13	Check-Point nº 8 - 25k: 1:55:13	Check-Point nº 9 - 25.2k: 1:56:02
Check-Point nº 10 - 30k: 2:20:22	Check-Point nº 11 - 35k: 2:46:44	Check-Point nº 12 - 40k: 3:15:57
Check-Point nº 13 - 41.1k: 3:22:40		