



**YOU WILL NEVER RUN ALONE**

Diploma

**KRIS POL**

Race number: 8050 | Gender: F

Nationality: PAYS-BAS

Club:

Place: 3643

Age Group: F40

Place Age Group: 110

Time (iliquid): 5:40:09

Pace: 0:08:03

Time (liquid): 5:38:09

Check-Point nº 1 - 5k: 0:34:50

Check-Point nº 2 - 10k: 1:09:23

Check-Point nº 3 - 15k: 1:47:33

Check-Point nº 4 - 19.4k: 2:19:57

Check-Point nº 5 - 20k: 2:24:12

Check-Point nº 6 - 20.2k: 2:25:53

Check-Point nº 7 - MM: 2:32:28

Check-Point nº 8 - 25k: 3:04:50

Check-Point nº 9 - 25.2k: 3:06:41

Check-Point nº 10 - 30k: 3:47:58

Check-Point nº 11 - 35k: 4:36:24

Check-Point nº 12 - 40k: 5:21:50

Check-Point nº 13 - 41.1k: 5:32:03