

# Long-distance running: Number one is 33 years old

Tadesse Abraham ranked first at the 2015 “Course de l’Escalade”. He ran more than 7 kilometers in 20.54 minutes. His amazing average speed is 21.4 km/h. And he’s 33.

Aged 60, Clara Mina Jargy was the oldest runner. She got an impressive 76th rank out of 196 female rivals.

