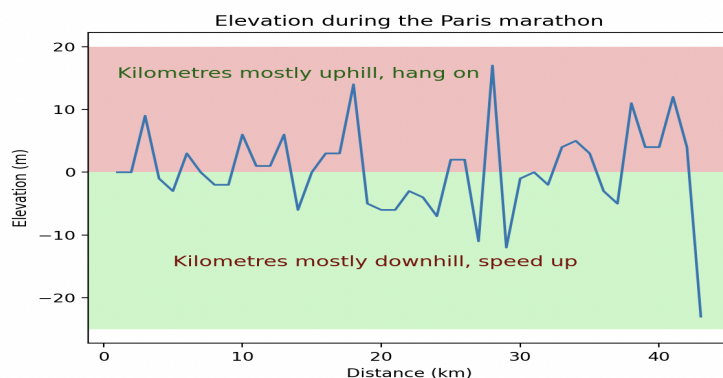
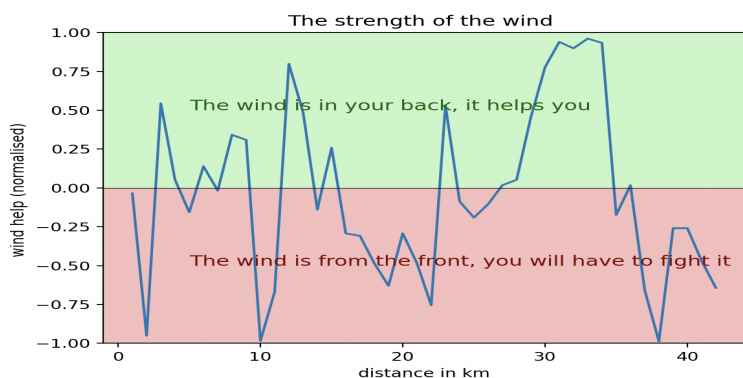


Enduraw Pacing Plan

Paris marathon 02/04/23

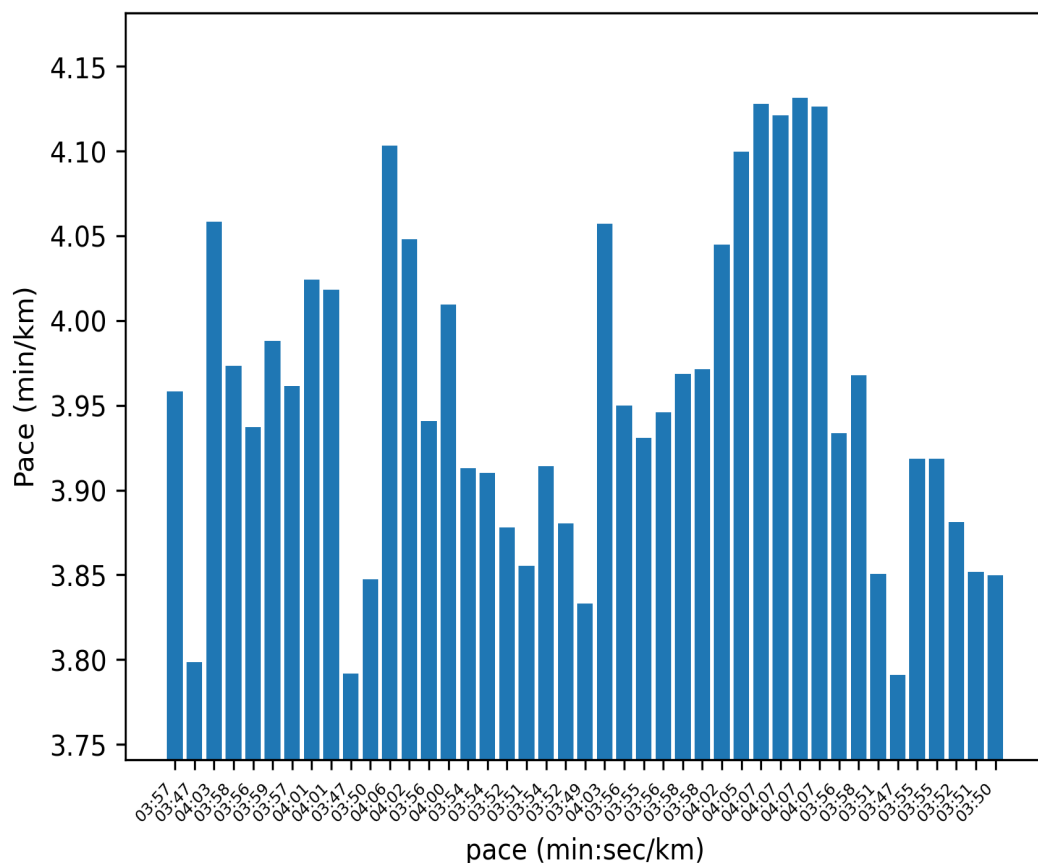
Personalized for anatole, according to the elevation and the wind



Your goal is : 167 minutes

Wich means : 03:57 min/km

Personalized Pace. Pace for each km



Prediction time :

5 km : 19 min 44 s

10 km : 39 min 31 s

15 km : 59 min 27 s

20 km : 78 min 56 s

21.1 km : 82 min 48 s

25 km : 98 min 35 s

30 km : 118 min 37 s

35 km : 139 min 3 s

40 km : 158 min 30 s

42.2 km : 166 min 14 s