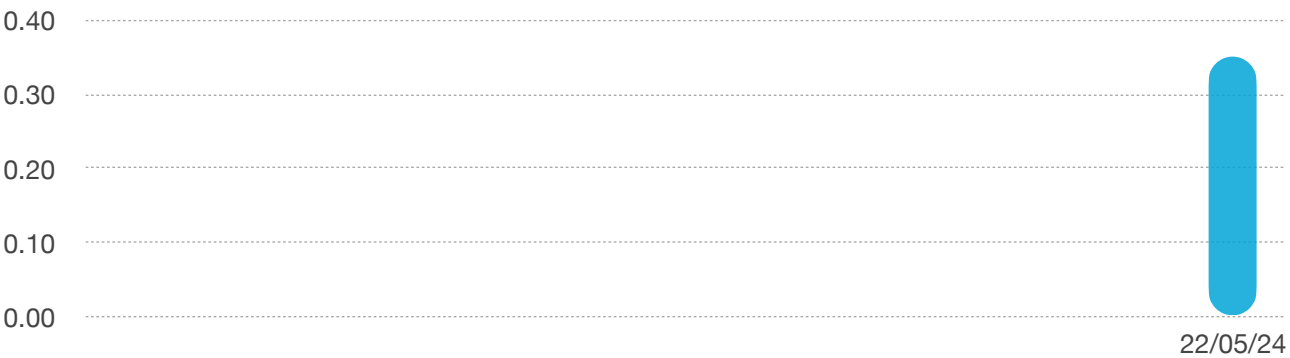


Running log 2024

May-Dec

RUN TIME	PACE (TIME / KM)
03:54	11:08.600
02:55.500	08:21.450
01:57	05:34.300
58.500	02:47.150

DISTANCE (KM)



AVERAGE DISTANCE (KM)	AVERAGE RUN TIME	AVERAGE PACE / KM
0.35	3m 54s	11m 9s
TOTAL DISTANCE (KM)	FURTHEST DISTANCE (KM)	FASTEST PACE / KM
0.35	0.35	11m 9s

DATE	TIME	DISTANCE (KM)	PACE (TIME / KM)	NOTES

DATE	TIME	DISTANCE (KM)	PACE (TIME / KM)	NOTES
22/05/24	3m 54s	0.35	11m 9s	Short run, feeling terrible