

SUNDAY, JUNE 8, 2025
JOHANNESBURG

COMRADES 2025 DOWN

91.2

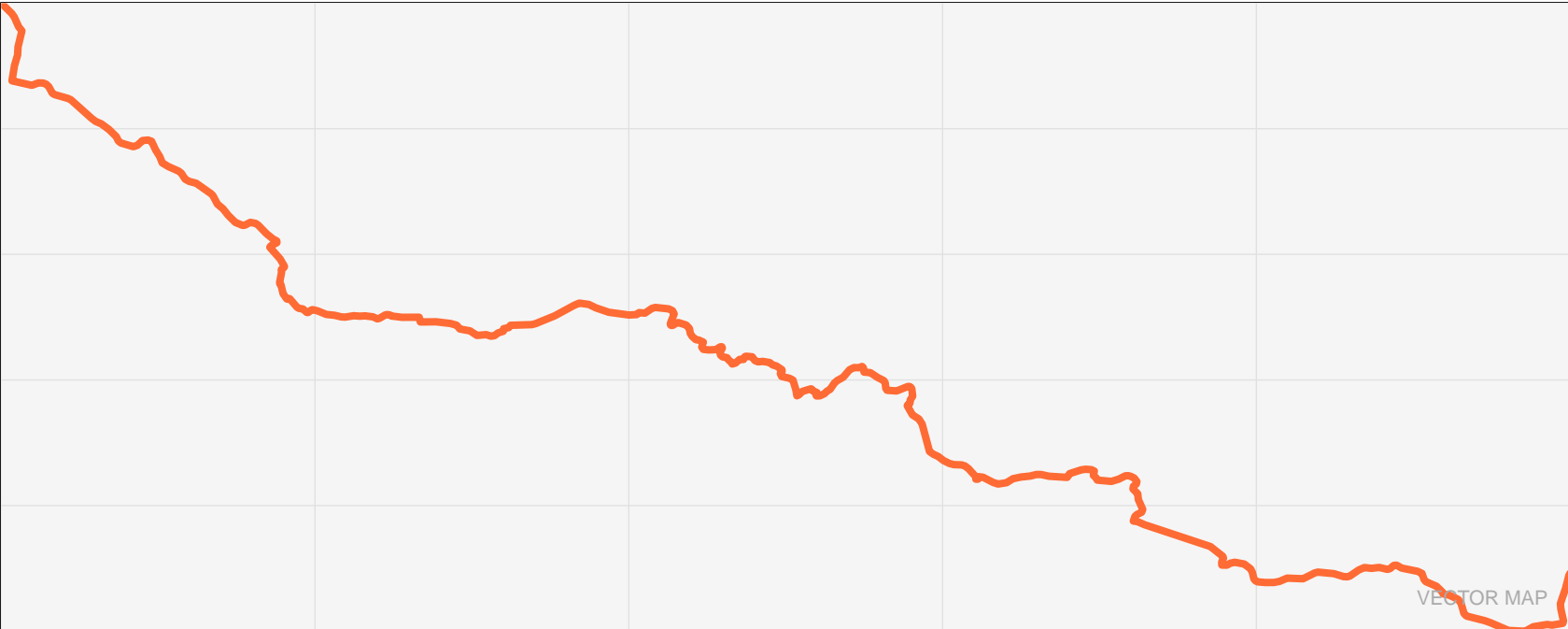
KILOMETERS

11:15:53

TIME

7:25

AVG PACE



SPLITS (5KM SUMMARY)

DIST	PACE	ELEV	DIST	PACE	ELEV
1-5km	7:19/km	+33m	6-10km	6:39/km	-20m
11-15km	7:01/km	+8m	16-20km	7:54/km	+120m
21-25km	7:29/km	-45m	26-30km	6:41/km	-19m
31-35km	7:09/km	+29m	36-40km	7:11/km	-81m
41-45km	7:17/km	-48m	46-50km	7:51/km	+79m

BEST EFFORTS

50k	7:09	Marathon	7:09
30K	7:05	Half-Marathon	6:58
20K	6:58	10 mile	6:52