

SUNDAY, JUNE 8, 2025  
JOHANNESBURG

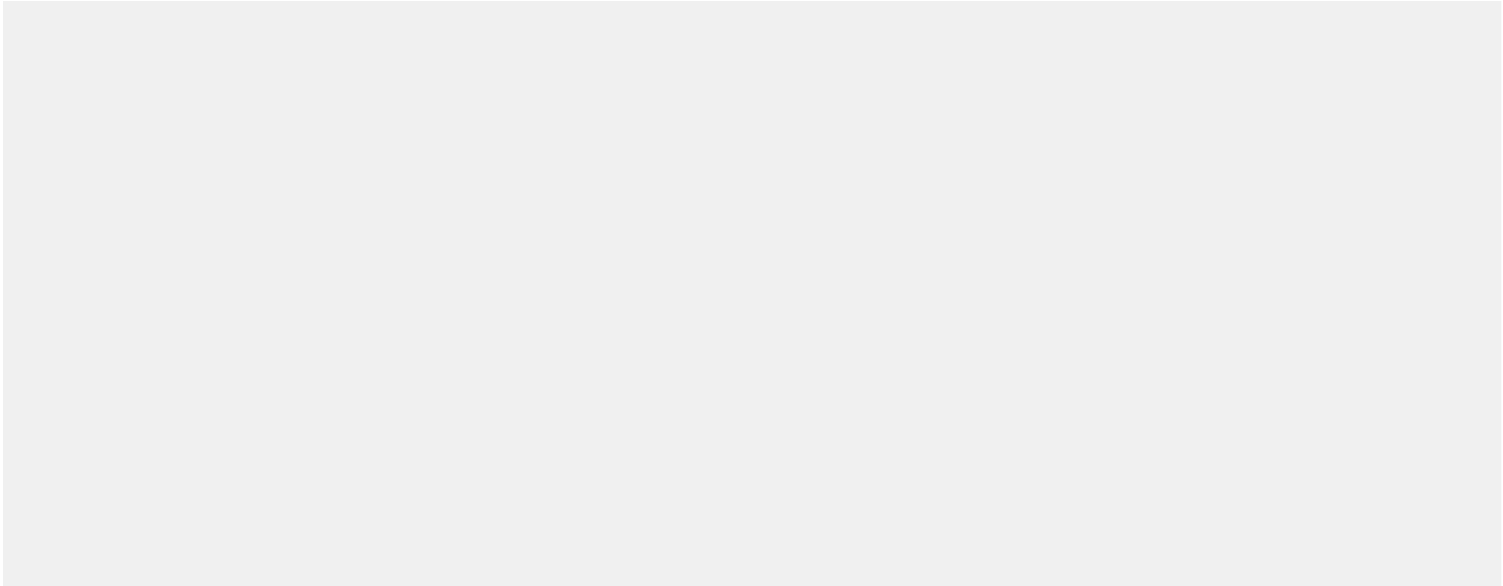
# COMRADES 2025 DOWN

Wonderfully supportive race and community.

Started with Charlene Nixon, but quickly lost her in the madding crowd...

Proud to earn my back-to-back medals... I'll definitely need time to digest if I want to do this again! 😊

1019 Training Load  
-- from COROS



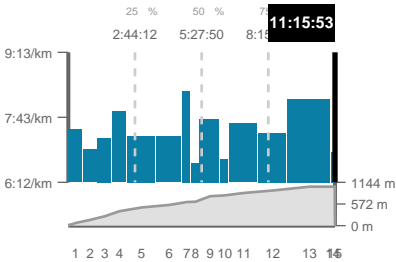
91.21  
KILOMETERS

11:15:53  
TIME

7:25/km  
AVG PACE

1137m  
ELEVATION

SPLITS



BEST EFFORTS

50k	7:09	Marathon	7:09
30K	7:05	Half-Marathon	6:58
20K	6:58	10 mile	6:52
15K	6:54	10K	6:25
5K	6:13	2 mile	5:54

KUDOS

👍 22