

SUNDAY, JUNE 8, 2025
JOHANNESBURG

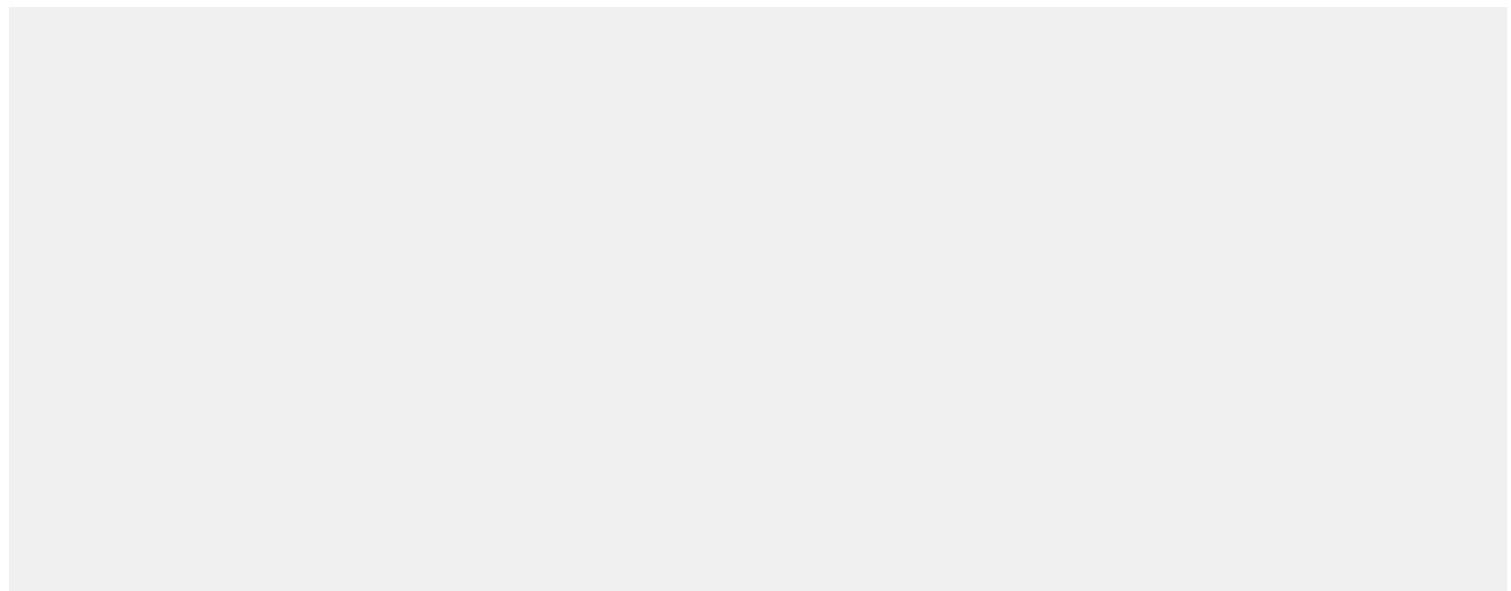
COMRADES 2025 DOWN

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

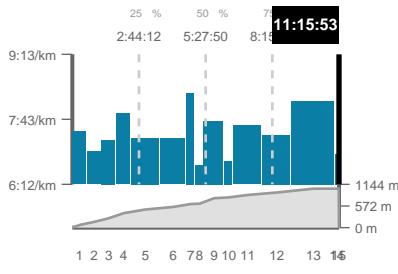
7:25/km

AVG PACE

1137m

ELEVATION

SPLITS



BEST EFFORTS

Distance	Time	Description	Time
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