

# 100.11 Miles Ran with 12 lbs. weighted vest on in 8 Months and 9 Days



Date	Miles	Total			
			August 12, 2024	1.9	
April 16, 2024	1.6	100.11	August 18, 2024	3	
April 21, 2024	1.6	8 months 9 days	September 16, 2024	1.8	
April 22, 2024	1.7		September 22, 2024	1.86	
April 29, 2024	1.6		September 29, 2024	3	
April 30, 2024	1.9		October 6, 2024	2.33	
May 6, 2024	1.9		October 8, 2024	2.78	
May 13, 2024	1.8		October 13, 2024	3	
May 14, 2024	2		October 20, 2024	3.51	
May 20, 2024	2		October 27, 2024	3.71	
May 21, 2024	1.8		November 2, 2024	3.71	
May 27, 2024	1.8		November 10, 2024	3.67	
May 28, 2024	1.8		November 17, 2024	3.61	
June 4, 2024	1.9		November 24, 2024	3.53	
June 11, 2024	1.9		December 2, 2024	3.56	
June 24, 2024	1.9		December 9, 2024	3.51	
July 1, 2024	2		December 16, 2024	3.53	
July 8, 2024	2.6		December 22, 2024	3.59	
July 16, 2024	2.6		December 23, 2024	1.81	
July 22, 2024	2.6				
July 30, 2024	2.9				
August 6, 2024	2.8				