

Al Mouj Muscat Marathon 2019

Running @ Muscat, Marathon 1/18/2019

Tor Rønnow

Bib #237 ,  DK , Male

 Certificate

 Share

GUN TIME

05:56:52

Chip time **05:56:04**

Finished **42.195 KM**

Speed **7.11 km/h**

Pace **08:26 min/km**

NAME	SPLITS KM.	PACE	TIME
Km 5	5 km	06:20 min/km	00:31:40
Km 10	10 km	06:48 min/km	01:05:40
Km 15	15 km	07:40 min/km	01:44:02
Km 17	17 km	05:30 min/km	01:55:02
Km 25	25 km	08:46 min/km	03:05:12
Km 35	35 km	10:40 min/km	04:51:48
Finish	42.195	09:03 min/km	05:56:52

Overall position
232

Out of 249

Men
200

Out of 209

M50
32

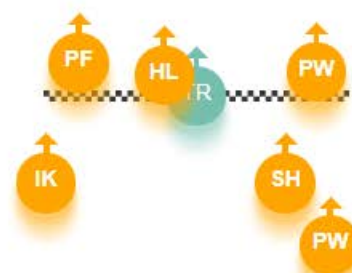
Out of 33

Splitchart

— Tor Rønnow — Average



Finish overview



1/18/2019

Tor Rønnow

Finished Marathon @ Al Mouj Muscat
Marathon 2019

Total time	05:56:52
Overall rank	232
Men	200
M50	32