



21.5km pacing chart	Check point	ACP3	FINISH
	Distance (km)	11.9km	21.5km
RECORD PACE	Run time	1:07:06	1:40:20
	Clock time	10:07:02	10:52:00
	Ave min/km	5:38	4:40
MIDDLE PACK	Run time	1:58:10	2:54:34
	Clock time	10:58:10	12:35:35
	Ave min/km	9:55	8:07
BACK MARKER	Run time	3:06:25	4:45:31
	Clock time	12:06:25	13:45:31
	Ave min/km	15:40	13:17
CUT-OFF*	Run time	3:07:00	5:00:00
	Clock time	12:07:00	14:00:00
	Ave min/km	15:45	13:57

\*Red is a hard cut-off time implemented at the FINISH, the orange times indicated at ACP3 are for your guidance and may be activated pending time on distance and/or safety.

