

Ramadan Duathlon Series - Week 4 Results

Female		Total Time	10Km	Km/h	5Km	Avg Pace	20Km	Km/h
Name	Category							
DaniSposi	Masters	0:42:08	00:17:11	34.92	00:24:57	04:59	00:37:13	32.24
Ailsa Cameron	Open	0:44:54	00:17:49	33.68	00:27:05	05:25	00:37:34	31.94
AliciaMartinez	Masters	0:47:52	00:20:38	29.08	00:27:14	05:27	00:41:06	29.20
AnvithaErini	Junior	0:51:35	00:23:05	25.99	00:28:30	05:42	00:43:21	27.68
Male		Total Time	10Km	Km/h	5Km	Avg Pace	20Km	Km/h
Name	Category							
EwanCameron	Masters	0:37:12	00:14:54	40.27	00:22:18	04:28	00:32:26	37.00
AleksandrIvanov	Masters	0:38:34	00:17:32	34.22	00:21:02	04:12	00:35:14	34.06
Geer AbdulWahid	Open	0:44:59	00:19:23	30.95	00:25:36	05:07	00:40:58	29.29
PeterCrow	Open	0:52:49	00:24:26	24.56	00:28:23	05:41	00:45:47	26.21
Male - kids		Total Time	1Km	Avg Pace	5Km	Km/h	1Km	Avg Pace
Name	Category							
PatrickBaron	Kids 3	0:18:44	00:03:58	03:58	00:10:23	28.89	00:04:23	04:23
ChretienMaranan	Kids 3	0:25:13	00:05:13	05:13	00:14:20	25.12	00:05:40	05:40
Female - Kids		Total Time	1Km	Avg Pace	5Km	Km/h	1Km	Avg Pace
Name	Category							
HalaAl Tarawneh	Junior	0:29:23	00:06:03	06:03	00:17:21	17.29	00:05:59	05:59