

**RUNNER'S PROGRESS**

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NAME: **FILIP ROMMENS**
 MARKER: 
 BIB: 8092
 GENDER: M
 CITY: LANAKEN
 COUNTRY: Belgium
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DISTANCE	TIME OF DAY	ELAPSED TIME	EST. FINISH	PACE/MILE	DISTANCE	TIME OF DAY	ELAPSED TIME	EST. FINISH	PACE/MILE
5K	10:16:36 AM	0:29:51	01:58:13 PM	09:36	MILE 17	12:21:50 PM	2:35:05	01:45:45 PM	09:08
10K	10:44:17 AM	0:57:32	01:49:26 PM	09:16	MILE 18	12:30:32 PM	2:43:47	01:45:08 PM	09:06
MILE 8	11:00:17 AM	1:13:32	01:47:33 PM	09:12	30K	12:36:13 PM	2:49:28	01:44:56 PM	09:06
MILE 9	11:09:21 AM	1:22:36	01:47:10 PM	09:11	MILE 19	12:39:16 PM	2:52:31	01:44:38 PM	09:05
15K	11:12:11 AM	1:25:26	01:46:54 PM	09:10	MILE 20	12:48:16 PM	3:01:31	01:44:31 PM	09:05
MILE 10	11:18:09 AM	1:31:24	01:46:11 PM	09:09	MILE 21	12:57:44 PM	3:10:59	01:45:02 PM	09:06
MILE 11	11:27:09 AM	1:40:24	01:45:52 PM	09:08	35K	01:04:44 PM	3:17:59	01:45:14 PM	09:07
MILE 12	11:36:32 AM	1:49:47	01:46:25 PM	09:09	MILE 22	01:06:44 PM	3:19:59	01:44:55 PM	09:06
20K	11:40:21 AM	1:53:36	01:46:12 PM	09:09	MILE 23	01:15:36 PM	3:28:51	01:44:40 PM	09:05
MILE 13	11:45:21 AM	1:58:36	01:45:46 PM	09:08	MILE 24	01:25:13 PM	3:38:28	01:45:14 PM	09:07
HALF	11:46:22 AM	1:59:37	01:45:59 PM	09:08	40K	01:33:34 PM	3:46:49	01:45:53 PM	09:08
MILE 14	11:54:12 AM	2:07:27	01:45:15 PM	09:07	MILE 25	01:34:52 PM	3:48:07	01:45:49 PM	09:08
MILE 15	12:02:59 PM	2:16:14	01:44:43 PM	09:05	MILE 26	01:43:54 PM	3:57:09	01:45:44 PM	09:08
25K	12:07:46 PM	2:21:01	01:44:39 PM	09:05	FINISH	01:45:41 PM	3:58:56	01:45:41 PM	09:08
MILE 16	12:11:46 PM	2:25:01	01:44:12 PM	09:04					

All times are unofficial. Times may vary in post race official results.