

# RUNNING DEPARTMENT

<b>Distance</b>	42.195
<b>Timing</b>	4:45:00
<b>Pace</b>	06:45.261

<b>Split</b>	<b>Time</b>
1 km	0:06:45
2 km	0:13:31
4 km	0:27:01
6 km	0:40:32
8 km	0:54:02
10 km	1:07:33
12 km	1:21:03
14 km	1:34:34
16 km	1:48:04
18 km	2:01:35
20 km	2:15:05
21 km	2:21:50
22 km	2:28:36
24 km	2:42:06
26 km	2:55:37
28 km	3:09:07
30 km	3:22:38
32 km	3:36:08
34 km	3:49:39
36 km	4:03:09
38 km	4:16:40
39 km	4:23:25
40 km	4:30:10
41 km	4:36:56
42 km	4:43:41
<b>42.195 km</b>	<b>4:45:00</b>

Affix Tape/Velcro

## Instructions

1. Print this page.
2. Cut along the black dotted lines.
3. Waterproof by covering the band lengthwise with strips of clear tape.
4. Affix velcro at the top (behind logo) and bottom (at the front).
5. Put it round your wrist and secure it with the affixed tape/velcros.