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Zimmerman 2:11:50 Highlands Ranch CO 2 231
Elizabeth Helland 2:17:35 Colorado Springs CO 3 288
Kim Eytel 2:27:06 Breckenridge CO HALF MARATHON
Age Group Results For Women 20-29 Place Bib Name
Total City State Team Name Jul 2th, 2024Grandma's
Marathon & Garry Bjorklund Half Marathon ...Comfort
Suites Of Duluth The Inn On Lake Superior Hampton
Inn Canal Park Lodge R South Pier Inn Solglimt B&B
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Strength Activities [22], Current Evidence-based
Literature Regarding Nutrient Requirements Of
Distance Runners Is Not Consistent And Remains An
Area Of Debate [5]. For Example, The American
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P. Alex Spent A Lot Time Modern Warfare And Wove A
Into Game. ... Code-named Marathon. Marathon Was

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17:24 34:10 51:01 5:40 1:14:09 Feb 3th, 2024
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Marathon, November 17, 2019 Week Total Of Miles
7/15/19 Short 3 Medium 4 Off 0 Medium 4 Medium 3
Medium 4 Medium 6 ... Anaerobic Threshold Run At
Half Marathon Effort , Top Number Is Total Miles With
Warmup/cooldown, Bottom Is Miles At Tempo Interval
Recovery, 200 On 600s Or Under, 400 On 800s & Miles
... Jun 4th, 2024
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Chevron Houston Marathon Place Finish In The 2013
Aramco Houston Half Mar-athon And His Seventh-place
Finish At The USA Half Marathon Championships In
2014. Running Strong In Nearly Every Race He Ran In
2013, Biwott Also Took Third At The U.S. Half Marathon

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