

АЛМАТЫ АРНАУ АТҚА
АЛМАТЫ АРНАУ АТҚА

ALMATY HALF MARATHON 10K



KM



PACE



TIME

01 km **04:02** 00:04:02

02 km **03:59** 00:08:01

03 km **03:55** 00:11:56

04 km **03:58** 00:15:55

05 km **04:15** 00:20:10

06 km **04:12** 00:24:22

07 km **04:10** 00:28:32

08 km **03:52** 00:32:24

09 km **03:56** 00:36:20

10 km **03:40** 00:40:00

FINISH!

00:40:00

CORPORATE FUND



COURAGE
TO BE
THE FIRST!

АЛМАТЫ АРНАУ АТҚА
АЛМАТЫ АРНАУ АТҚА

ALMATY HALF MARATHON 10K



KM



PACE



TIME

01 km **05:03** 00:05:03

02 km **04:58** 00:10:01

03 km **04:54** 00:14:55

04 km **04:58** 00:19:53

05 km **05:19** 00:25:12

06 km **05:15** 00:30:27

07 km **05:13** 00:35:40

08 km **04:50** 00:40:30

09 km **04:55** 00:45:25

10 km **04:35** 00:50:00

FINISH!

00:50:00

CORPORATE FUND



COURAGE
TO BE
THE FIRST!

АЛМАТЫ АРНАУ АТҚА
АЛМАТЫ АРНАУ АТҚА

ALMATY HALF MARATHON 10K



KM



PACE



TIME

01 km **06:04** 00:06:04

02 km **05:58** 00:12:01

03 km **05:53** 00:17:55

04 km **05:57** 00:23:52

05 km **06:22** 00:30:14

06 km **06:18** 00:36:32

07 km **06:15** 00:42:48

08 km **05:48** 00:48:36

09 km **05:54** 00:54:30

10 km **05:30** 01:00:00

FINISH!

01:00:00

CORPORATE FUND



COURAGE
TO BE
THE FIRST!

АЛМАТЫ АРНАУ АТҚА
АЛМАТЫ АРНАУ АТҚА

ALMATY HALF MARATHON 10K



KM



PACE



TIME

01 km **07:04** 00:07:04

02 km **06:58** 00:14:02

03 km **06:52** 00:20:54

04 km **06:57** 00:27:51

05 km **07:26** 00:35:17

06 km **07:21** 00:42:38

07 km **07:18** 00:49:55

08 km **06:46** 00:56:41

09 km **06:53** 01:03:35

10 km **06:25** 01:10:00

FINISH!

01:10:00

CORPORATE FUND



COURAGE
TO BE
THE FIRST!

АЛМАТЫ АРНАУ АТҚА
АЛМАТЫ АРНАУ АТҚА

ALMATY HALF MARATHON 10K



KM



PACE



TIME

01 km **09:05** 00:09:05

02 km **08:57** 00:18:02

03 km **08:50** 00:26:52

04 km **08:56** 00:35:48

05 km **09:34** 00:45:22

06 km **09:27** 00:54:49

07 km **09:23** 01:04:11

08 km **08:42** 01:12:53

09 km **08:51** 01:21:45

10 km **08:15** 01:30:00

FINISH!

01:30:00

CORPORATE FUND



COURAGE
TO BE
THE FIRST!

АЛМАТЫ АРНАУ АРНАУ
ALMATY
HALF
MARATHON
21.1K



KM



PACE



TIME

01 km	04:07	00:04:07
02 km	04:01	00:08:09
03 km	03:58	00:12:06
04 km	04:05	00:16:11
05 km	04:16	00:20:27
06 km	04:13	00:24:40
07 km	04:28	00:29:08
08 km	04:37	00:33:45
09 km	04:32	00:38:16
10 km	04:25	00:42:41
11 km	04:09	00:46:50
12 km	03:57	00:50:47
13 km	03:59	00:54:46
14 km	03:56	00:58:42
15 km	04:04	01:02:46
16 km	04:05	01:06:51
17 km	04:05	01:10:56
18 km	04:13	01:15:09
19 km	04:13	01:19:22
20 km	04:18	01:23:40
21 km	04:18	01:27:58
21.1 km	04:18	01:29:00

FINISH!
01:29:00

CORPORATE FUND



COURAGE
TO BE
THE FIRST!

АЛМАТЫ АРНАУ АРНАУ
ALMATY
HALF
MARATHON
21.1K



KM



PACE



TIME

01 km	04:35	00:04:35
02 km	04:29	00:09:04
03 km	04:24	00:13:28
04 km	04:32	00:18:00
05 km	04:45	00:22:45
06 km	04:41	00:27:26
07 km	04:58	00:32:25
08 km	05:08	00:37:32
09 km	05:02	00:42:34
10 km	04:54	00:47:29
11 km	04:37	00:52:06
12 km	04:23	00:56:29
13 km	04:26	01:00:55
14 km	04:23	01:05:18
15 km	04:32	01:09:50
16 km	04:32	01:14:22
17 km	04:32	01:18:54
18 km	04:41	01:23:35
19 km	04:42	01:28:17
20 km	04:47	01:33:04
21 km	04:47	01:37:51
21.1 km	04:47	01:39:00

FINISH!
01:39:00

CORPORATE FUND



COURAGE
TO BE
THE FIRST!

АЛМАТЫ АРНАУ АРНАУ
ALMATY
HALF
MARATHON
21.1K



KM



PACE



TIME

01 km	04:52	00:04:52
02 km	04:45	00:09:37
03 km	04:40	00:14:17
04 km	04:49	00:19:06
05 km	05:02	00:24:08
06 km	04:41	00:29:06
07 km	04:58	00:34:22
08 km	05:16	00:39:49
09 km	05:26	00:45:09
10 km	05:20	00:50:21
11 km	05:12	00:55:15
12 km	04:54	00:59:54
13 km	04:39	01:04:36
14 km	04:42	01:09:15
15 km	04:39	01:14:04
16 km	04:48	01:18:52
17 km	04:49	01:23:41
18 km	04:49	01:28:39
19 km	04:59	01:33:38
20 km	05:05	01:38:43
21 km	05:04	01:43:47
21.1 km	05:04	01:45:00

FINISH!
01:45:00

CORPORATE FUND



COURAGE
TO BE
THE FIRST!

АЛМАТЫ АРНАУ АРНАУ
ALMATY
HALF
MARATHON
21.1K



KM



PACE



TIME

01 km	05:31	00:05:31
02 km	05:23	00:10:53
03 km	05:18	00:16:11
04 km	05:27	00:21:39
05 km	05:42	00:27:21
06 km	05:38	00:32:59
07 km	05:59	00:38:57
08 km	06:10	00:45:07
09 km	06:03	00:51:10
10 km	05:54	00:57:04
11 km	05:33	01:02:37
12 km	05:16	01:07:54
13 km	05:19	01:13:13
14 km	05:16	01:18:29
15 km	05:27	01:23:56
16 km	05:27	01:29:23
17 km	05:27	01:34:51
18 km	05:38	01:40:28
19 km	05:39	01:46:07
20 km	05:45	01:51:52
21 km	05:45	01:57:37
21.1 km	05:45	01:59:00

FINISH!
01:59:00

CORPORATE FUND



COURAGE
TO BE
THE FIRST!

АЛМАТЫ АРНАУ АРНАУ

ALMATY HALF MARATHON 21.1K



KM



PACE



TIME

01 km	06:15	00:06:15
02 km	06:06	00:12:21
03 km	06:00	00:18:22
04 km	06:11	00:24:33
05 km	06:28	00:31:01
06 km	06:24	00:37:25
07 km	06:47	00:44:12
08 km	07:00	00:51:11
09 km	06:52	00:58:03
10 km	06:41	01:04:45
11 km	06:18	01:11:02
12 km	05:59	01:17:01
13 km	06:02	01:23:04
14 km	05:59	01:29:02
15 km	06:11	01:35:13
16 km	06:11	01:41:25
17 km	06:11	01:47:36
18 km	06:23	01:53:59
19 km	06:24	02:00:23
20 km	06:32	02:06:55
21 km	06:31	02:13:26
21.1 km	06:31	02:15:00

FINISH!

02:15:00

CORPORATE FUND



COURAGE
TO BE
THE FIRST!



