

---

# PR's Bob

**1500m:** 4:26

**3000m:** 9:23

**5000m:** 16:24

**10000m:** 33:47

**1/2M:** 1:15:04

**M:** 2:48:49

**50km:** 3:56:48

**6 uur:** 69,019km

**100km:** 8:52:21

**24 uur:** 180,766km

**48 uur:** 218,15km