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Half Marathon Program For Bakersfield Half Marathon ...Half Marathon Program For Bakersfield Half 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 ... Mar 4th, 2024USATF HALF MARATHON MEN - Chevron Houston MarathonPlace 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 Championships In Feb 15th, 2024Marine Corps Marathon - Results - Marine Corps MarathonMarine Corps Marathon 2016 41st Marine Corps Marathon Searchable Results Marine Corps Marathon MCM Searchable Results Dating Back To The 18th MCM In 1993 Are Available. Finisher And Volunteer Certi;cates And Team Results May Be Accessed Via The 'other Results' Tab. 0 0 RUNNER 13803 MICHAEL May 1th, 2024.

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