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Running Log: Best things to record in your training log

The online home of Runner's World magazine. Running news, training advice, inspiring stories, running shoe reviews, gear tips, and more.

Runner's World

Running Race Log. This is a record of the running races I have done so I can chart my progress over the years. Click the headers in the table below to sort by date, distance, pace, etc. Dist = Distance Pace = Average mile pace (minutes/mile) Ovrl = Overall placing Div = Division placing (if not provided, then based this on a 10-year age group)

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Running Race Log - Felix Wong

Calendar of EugeneRunner - July, 2018. Change Month. July, 2017; August, 2017;
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