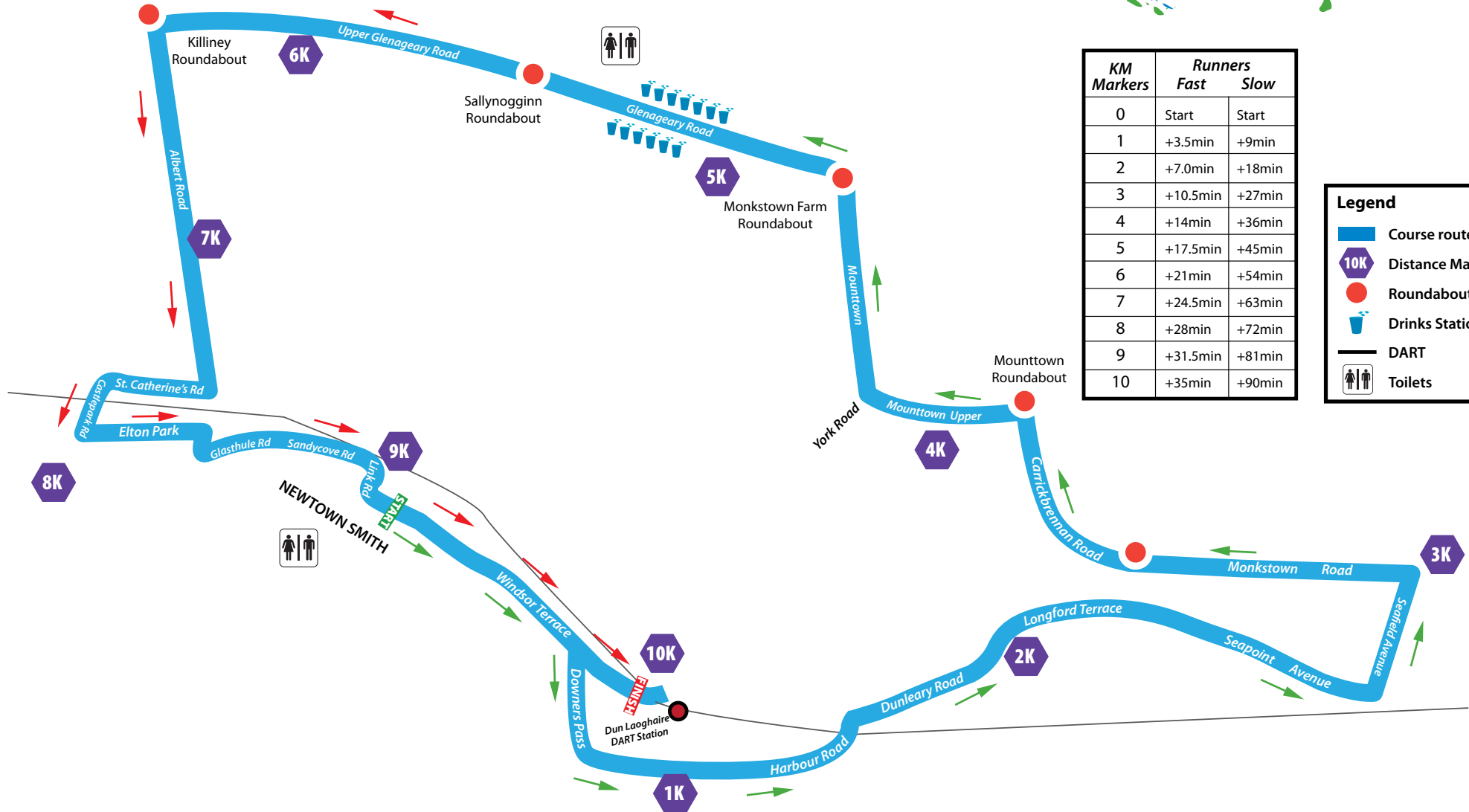


DLR BAY 10K ROAD RACE

BANK HOLIDAY MONDAY, 4th AUGUST 2014

DÚN LAOGHAIRE, CO. DUBLIN START: 10.30am



KM Markers	Runners	
	Fast	Slow
0	Start	Start
1	+3.5min	+9min
2	+7.0min	+18min
3	+10.5min	+27min
4	+14min	+36min
5	+17.5min	+45min
6	+21min	+54min
7	+24.5min	+63min
8	+28min	+72min
9	+31.5min	+81min
10	+35min	+90min

Legend

-  Course route
-  Distance Markers
-  Roundabouts
-  Drinks Station
-  DART
-  Toilets