

GET OUT AND LIVE  
**WINTER**  
RUNNING SERIES

**2025**

**TROY D LARKIN**

2022 WINTER RACE CIRCUIT

**VIRTUAL 30K**

**03:41:05**

**TOTAL TIME**

**11:51**

**AVERAGE PACE**

**5K**

**10K**

**10 Miler**

**Half Marathon**



**GOAL**  
FOUNDATION  
GET OUT AND LIVE™