

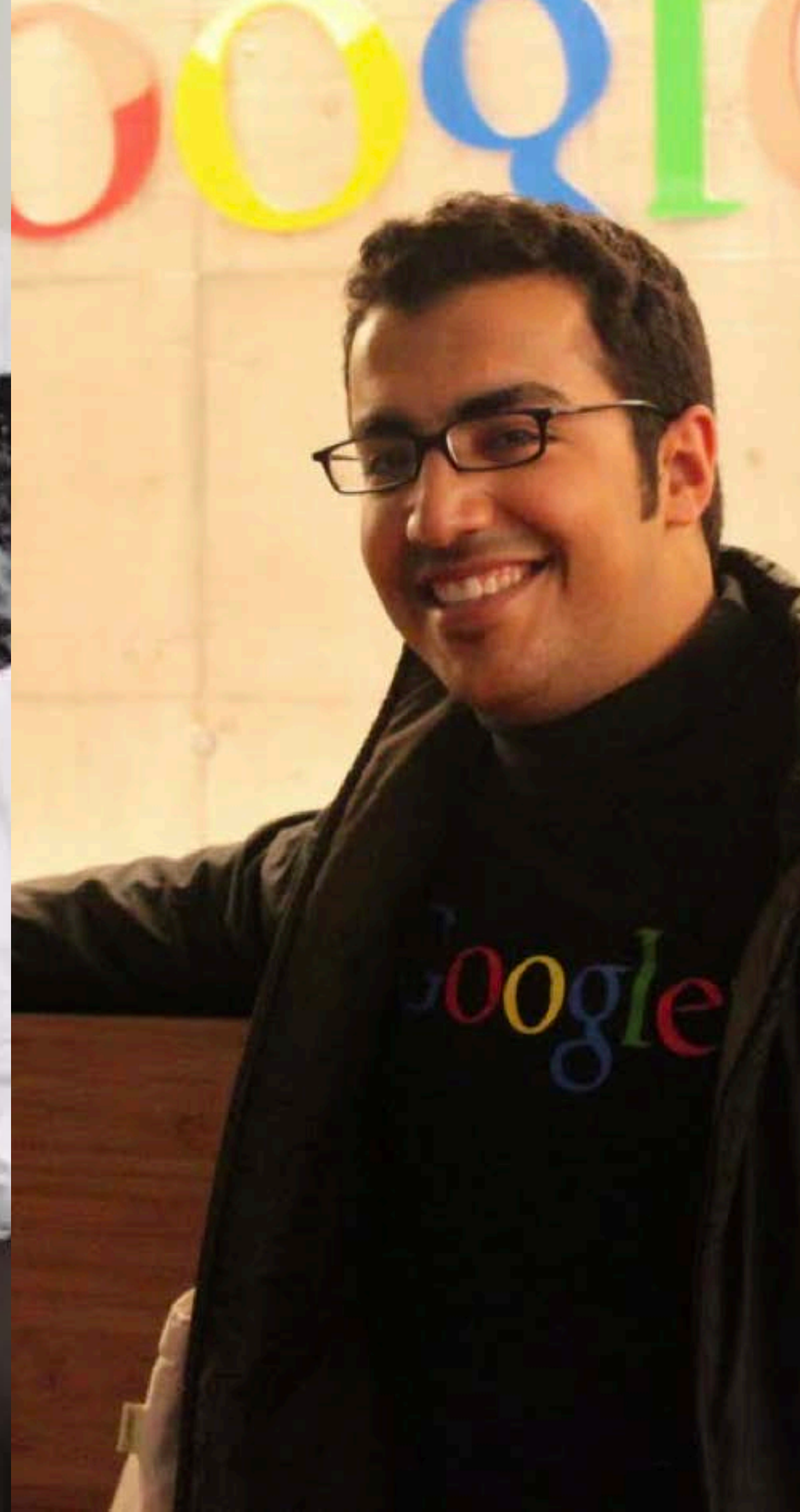


Running Storytelling

ALBARA ALOHALI

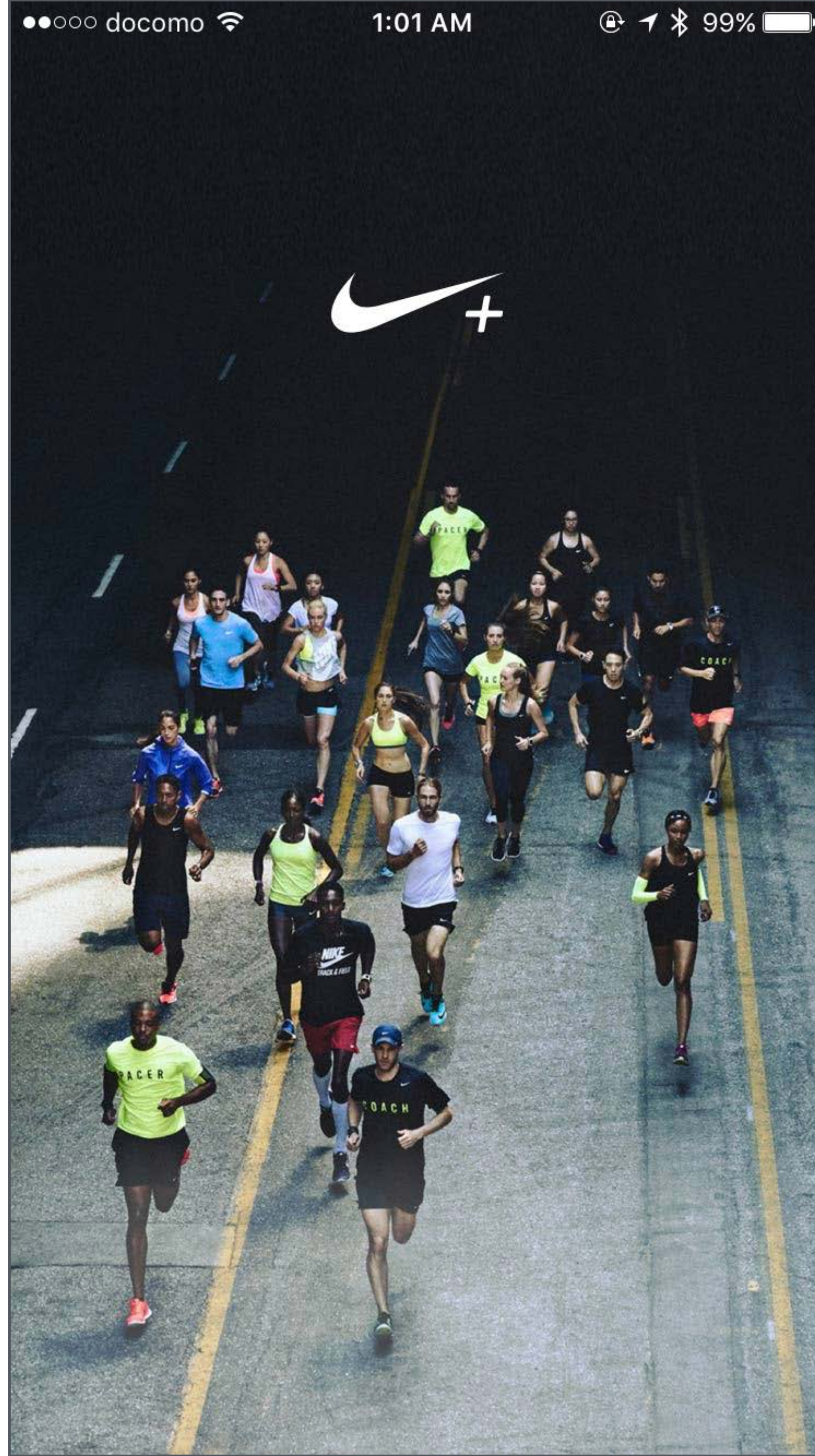
		Race	Location	Date	RTP # Days	Finishing Time	Status
1	JAN	Dubai Marathon	Dubai, UAE	1/26	-	04:48:18	Done
2	FEB	RRR 30km	Riyadh, KSA		-		
2	FEB	Cairo Marathon	Cairo, Egypt	2/24	27	04:42:39	Done
3	MAR	Messini Marathon	Messini, Greece	3/18	22	04:40:04	Done
4	APR	Paris Marathon	Paris, France	4/8	20	04:46:19	Done
5	MAY	Prague Marathon	Prague, Czech Rep.	5/6	27	04:17:57	Done
5	MAY	Self-Training Half Marathon	Riyadh, KSA		-		
6	JUN	Stockholm Marathon	Stockholm, Sweden	6/2	26	04:36:16	Done
7	JUL	Gold Coast Marathon	Gold Coast, Australia	7/1	28	04:10:09	Done
8	AUG	Khmer Empire Half Marathon	Seap Ripe, Cambodia	8/5	-		Done
8	AUG	Hokkaido Marathon	Sapporo, Japan	8/26	55	04:07:05 ★	Done
9	SEP	Patagonia Marathon	Patagonia, Chile	9/8	12	04:35:33	Done
10	OCT	Kenya Impact Marathon	Kericho, Kenya	10/19	20		TBP
11	NOV	NYC Marathon	NYC, USA	11/4	15		Confirmed
12	DEC	The Last Marathon	Riyadh, KSA	-	-		To be arranged

2011-2012



2012

Nike+ Running



ACTIVITY		
May	◆ 62.0km	🕒 6'36"/km
1.04km	🕒 5'29"/km	🕒 10:06
5/3/12	📍 🌞	🕒 25:56
4.33km	🕒 5'59"/km	
5/2/12	📍 🌞	🕒 18:53
3.02km	🕒 6'14"/km	
5/1/12	📍 🌞	🕒 19:13
3.18km	🕒 6'02"/km	
April	◆ 9.74km	🕒 5'47"/km
4/24/12	📍 ☁️	🕒 21:22
3.66km	🕒 5'50"/km	
4/20/12	📍 🌞	🕒 15:33
2.70km	🕒 5'45"/km	

2012

Nike+ Running





2013-2014



Gyroscope App

Ran 42.3 km!
That's equivalent to...



27 COOKIES
3,076 calories



TOKYO
54,985 STEPS

Ran 42.3 km!
That's equivalent to...



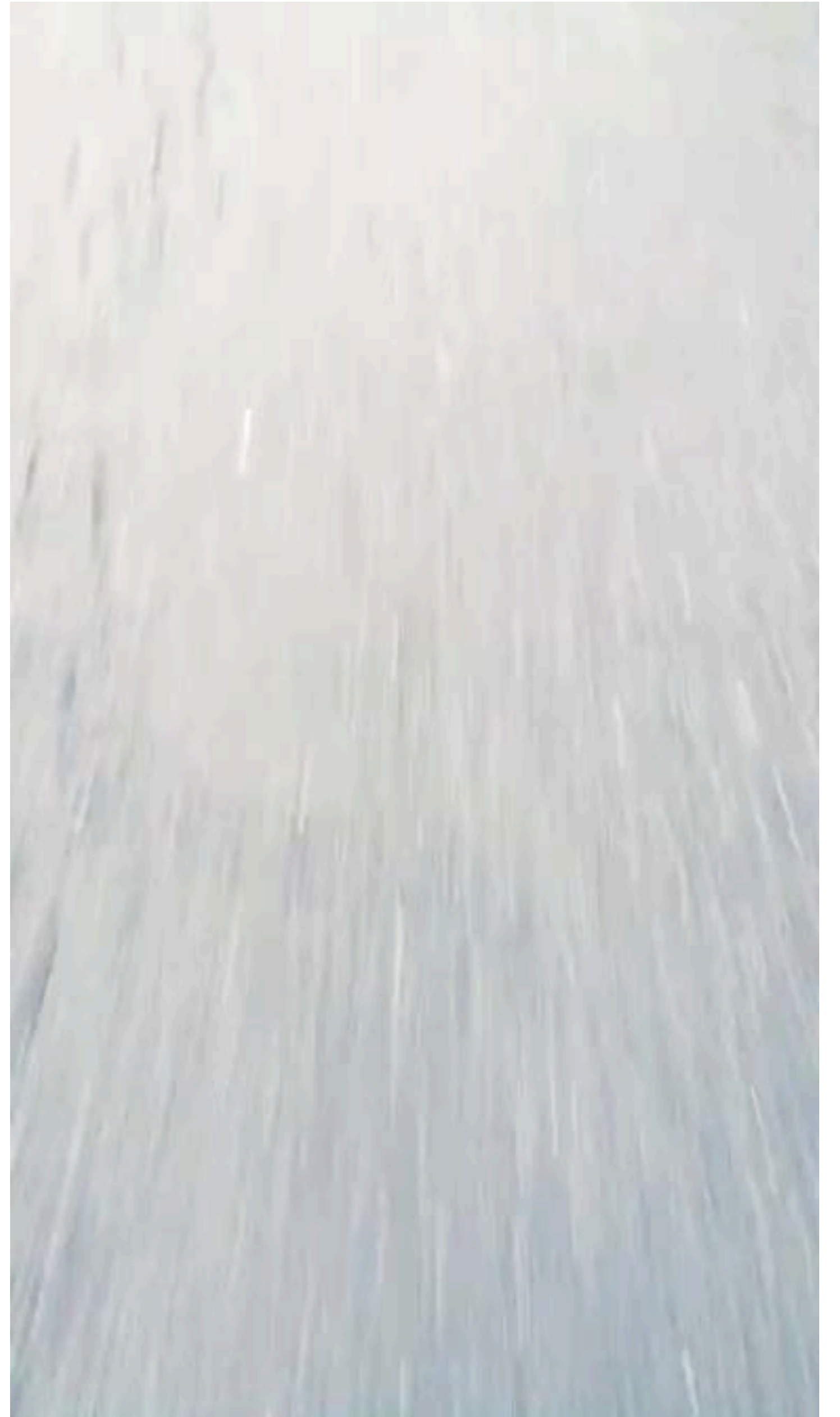
18 DONUTS
3,076 calories



TOKYO
54,985 STEPS

2015

Snapchat



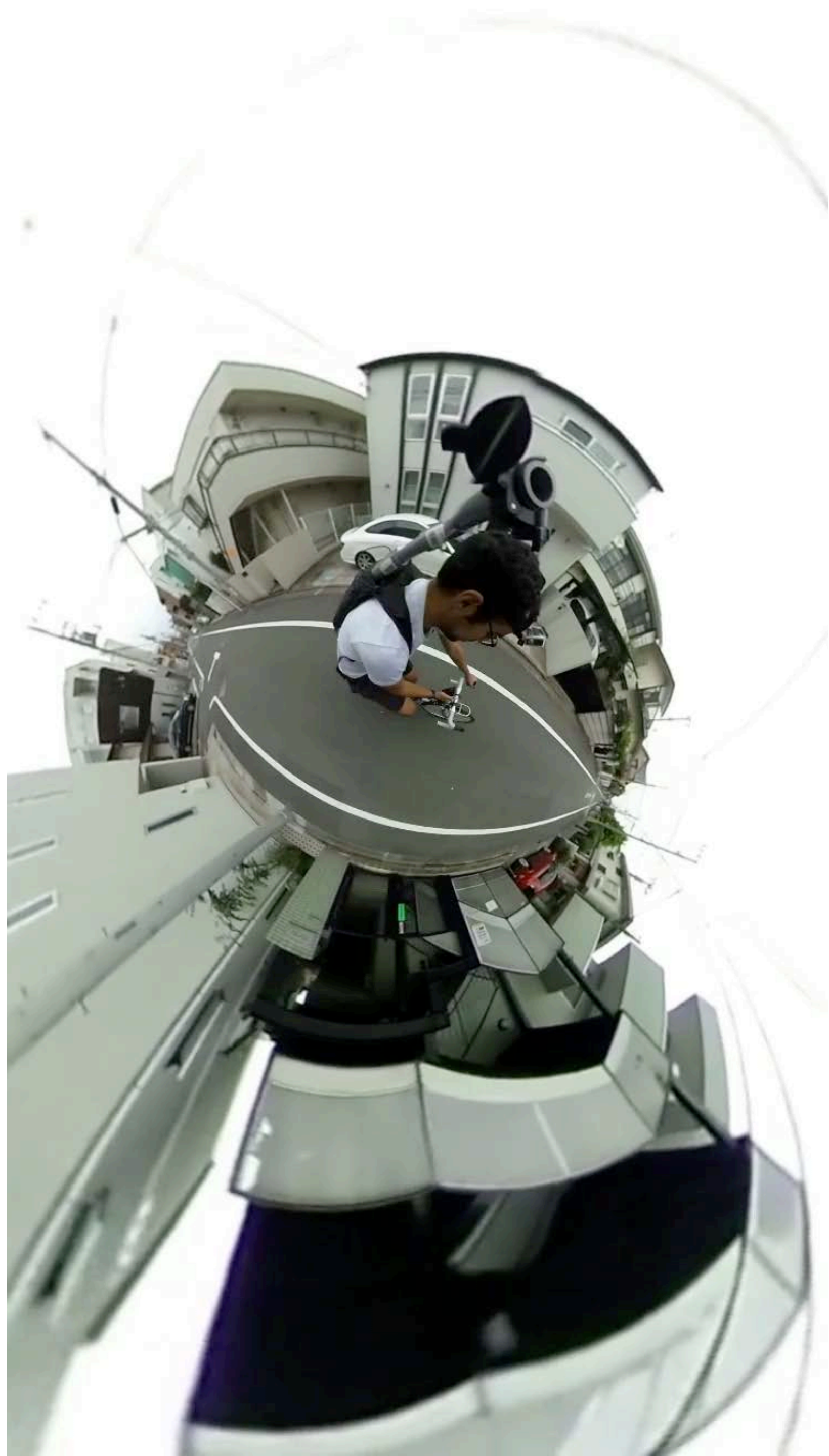
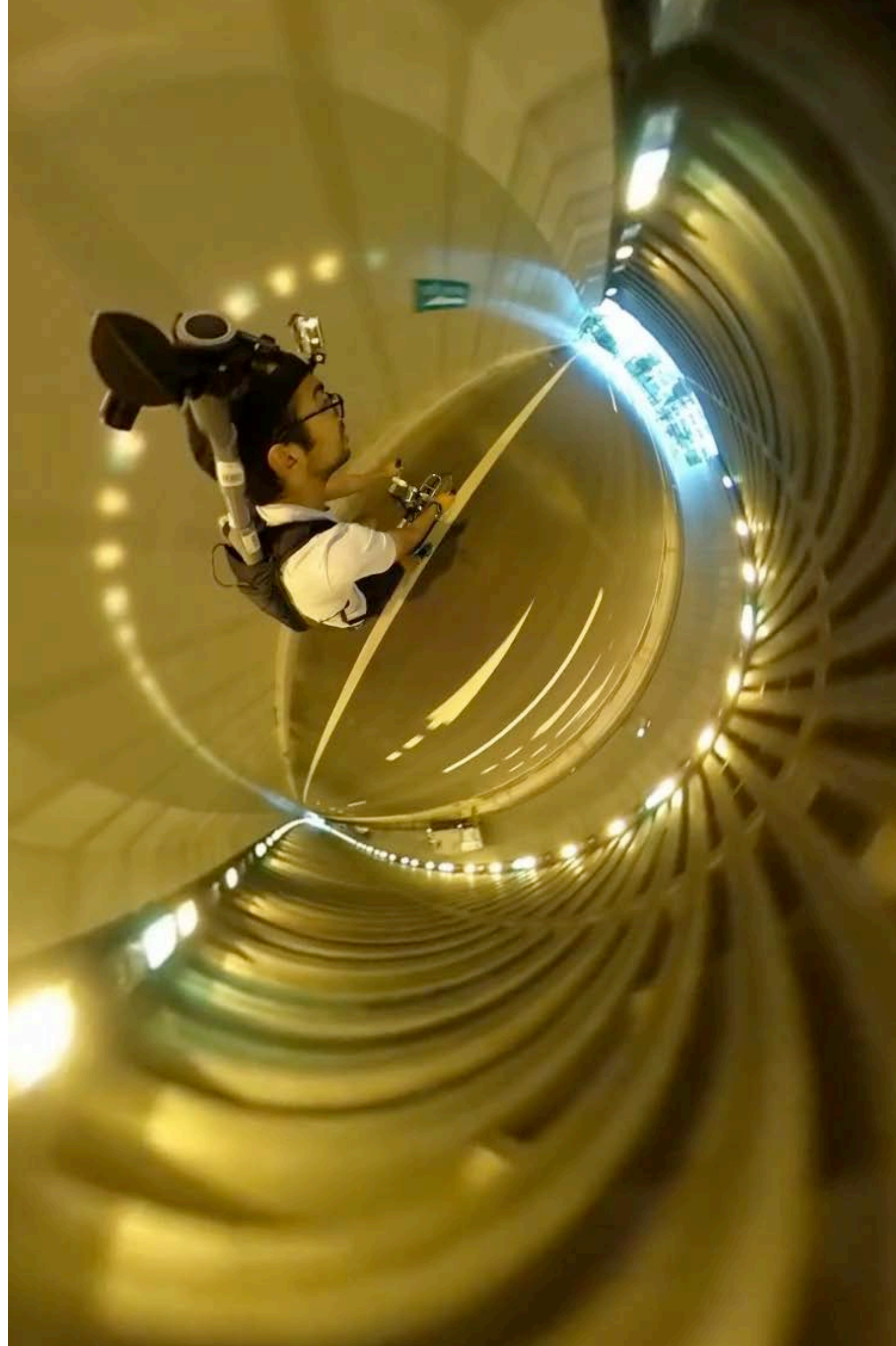
2016







RICOH Theta 360





Albara Alohali

September 5, 2018 at 3:07 PM



Puerto Natales Expoliación

Distance

9.01 km

Pace

5:48 /km

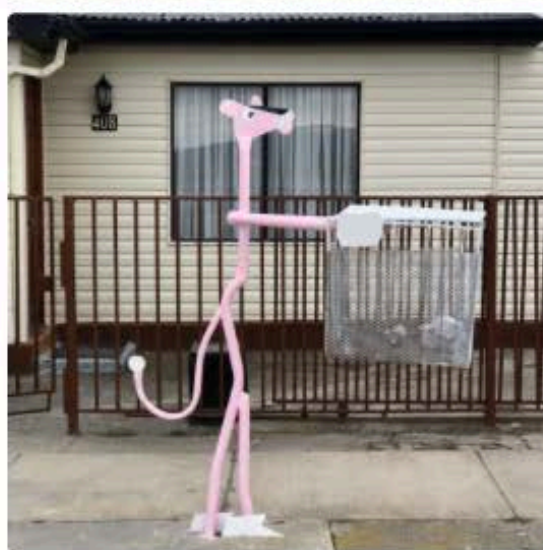
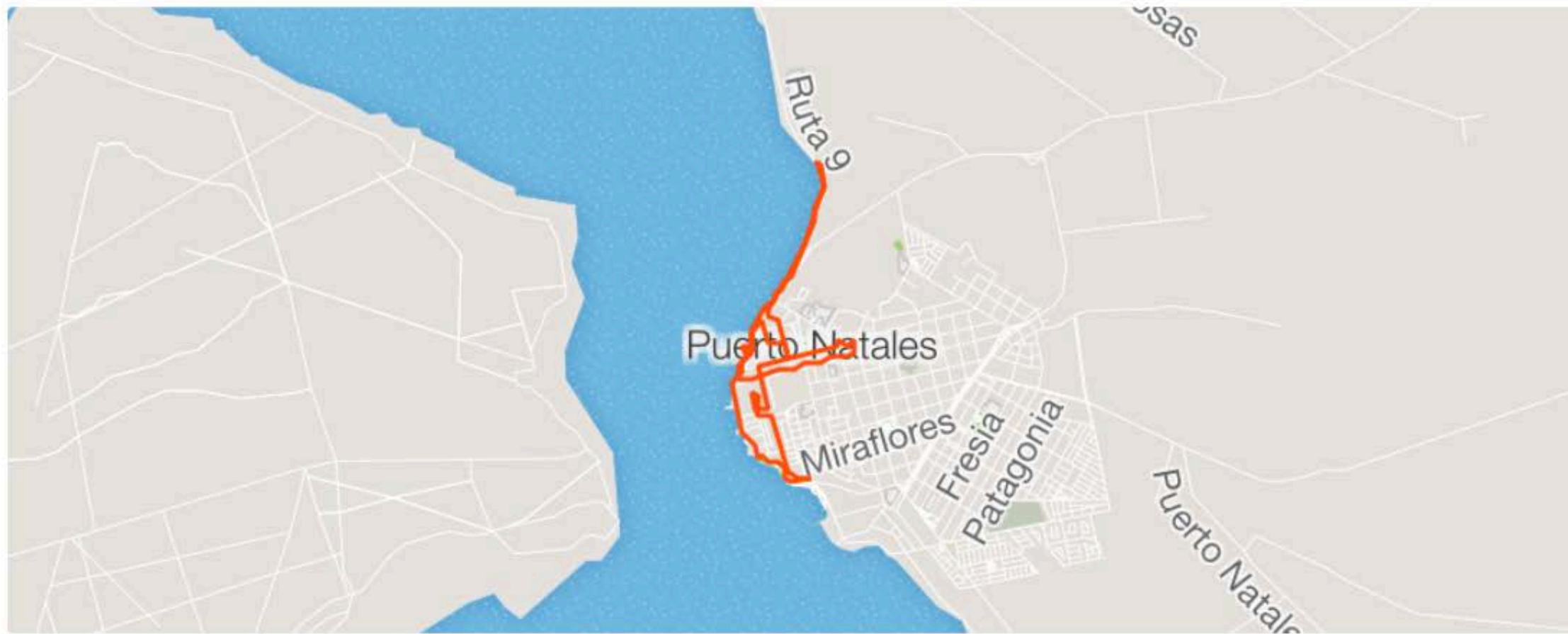
Time

0h 52m

Achievements



Manuel Bulnes **4th overall** (5:59)



Albara Alohali

September 8, 2018 at 11:00 AM



Patagonia Marathon 2018

The most difficult yet the most beautiful this year! أصعب وأجمل
!ماراثون لهذه السنة!

Distance

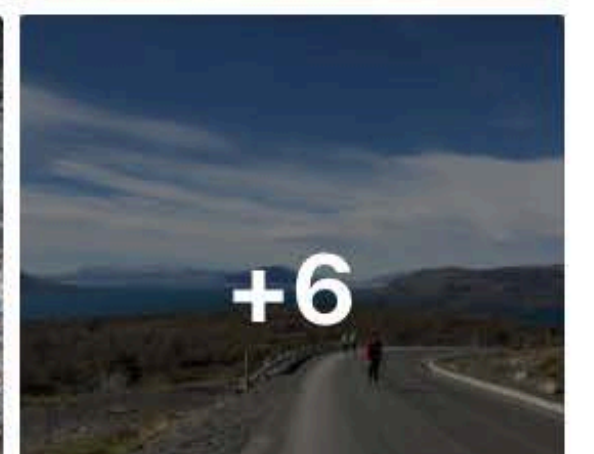
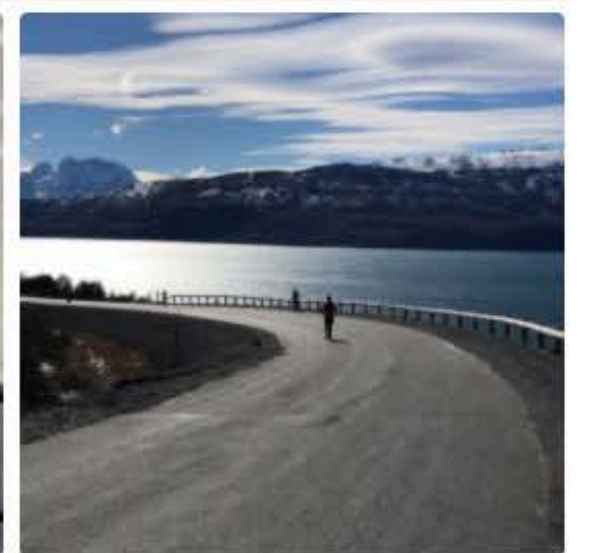
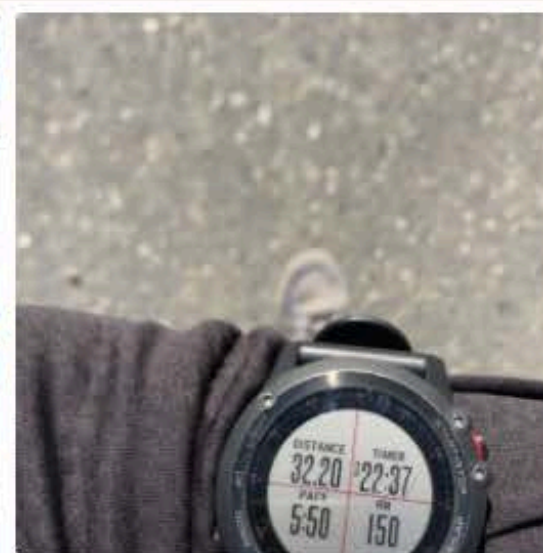
42.21 km

Pace

6:35 /km

Time

4h 37m





Albara Alohali

Following 59 | Followers 1679 | Activities 693

Latest Activity
A Portlandic Morning | ركضة صباحية شاحنية بورتلاندية • Today

Your Training Log



THIS WEEK

28.0 / 30 km



2h23m | 187 m

THIS YEAR

866 / 1,000 km



141 km ahead of pace

Your Activities



Albara Alohali

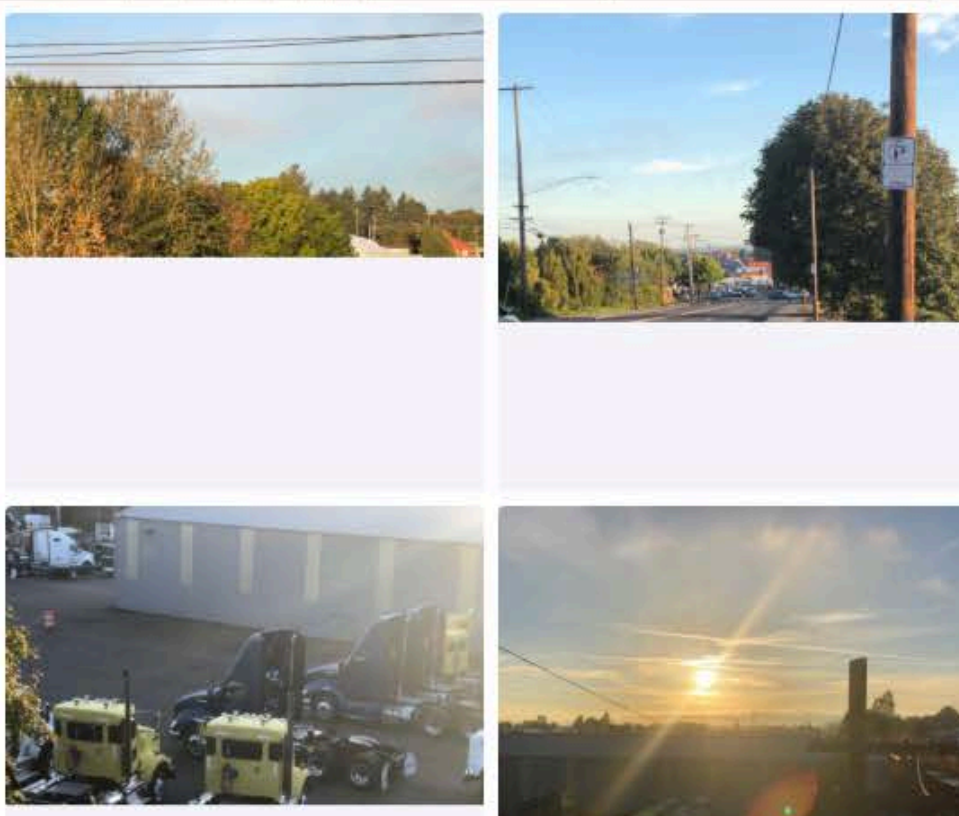
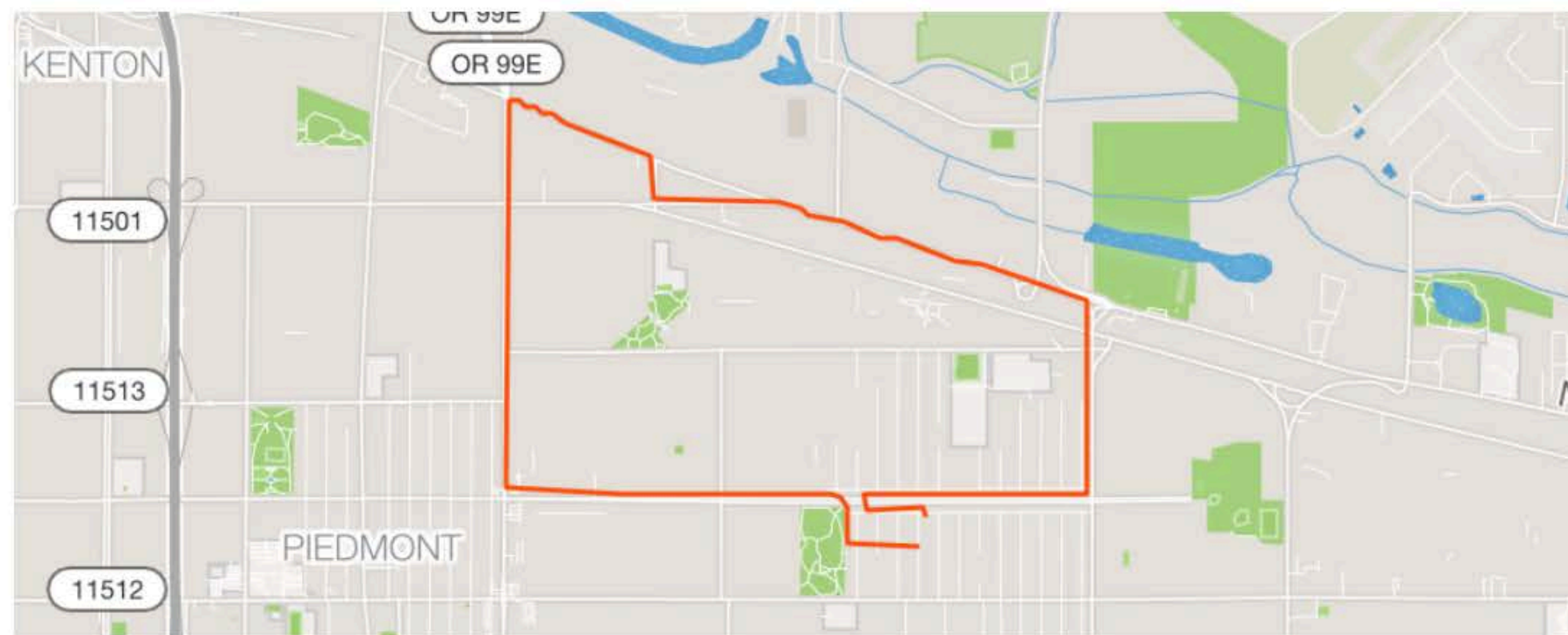
Today at 7:09 AM



A Portlandic Morning | ركضة صباحية شاحنية بورتلاندية

Finally pulled my self off for an earlier run today. Exploring a new path of this neighborhood, while keeping the chain on.

Distance 8.01 km | Pace 5:10 /km | Time 0h 41m



2018



Albara Alohali

September 13, 2018 at 4:15 PM

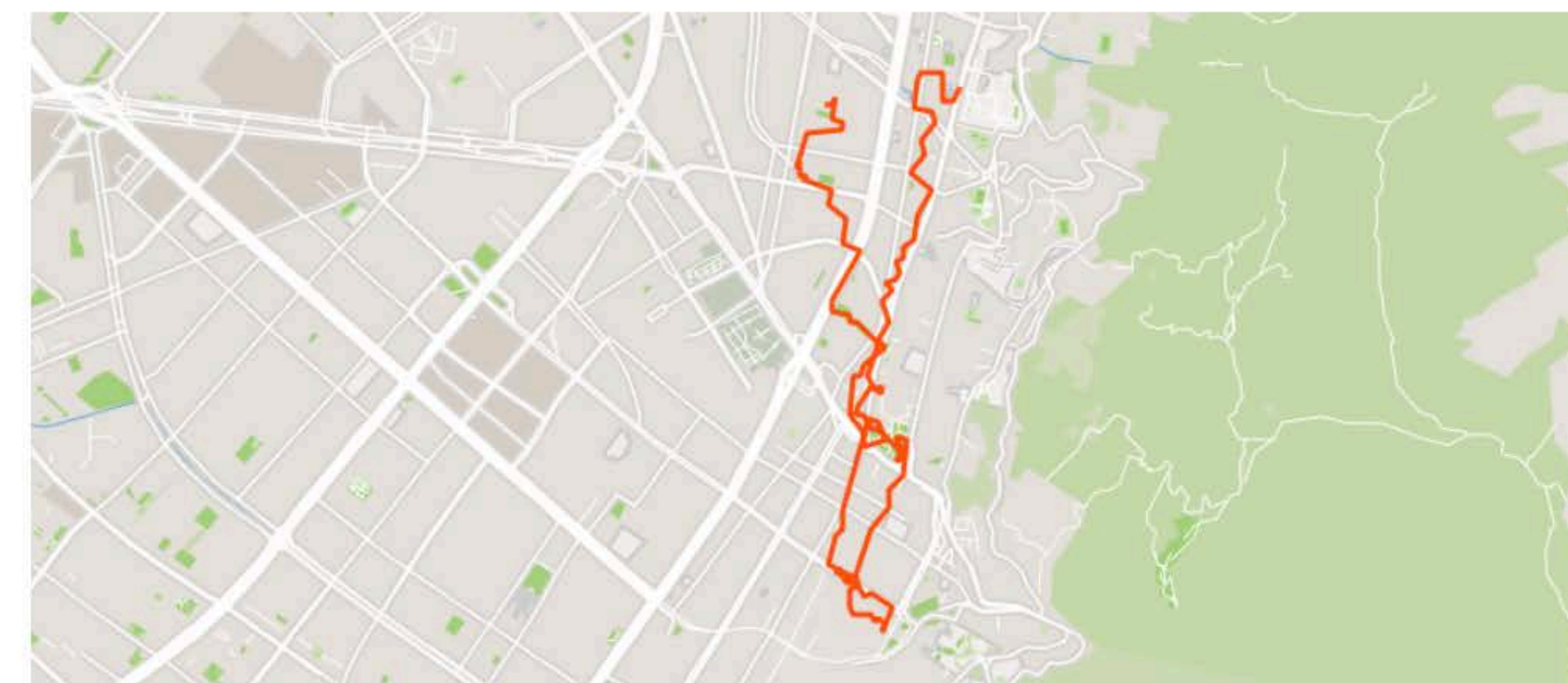


Bogotá Exploratory Run

Running remains my favorite way to explore a part of a city or a neighborhood. However this time it involved experiencing geography! Never felt closely much the effect of running in a high altitude / low oxygen city (2644m above sea level). It fel...

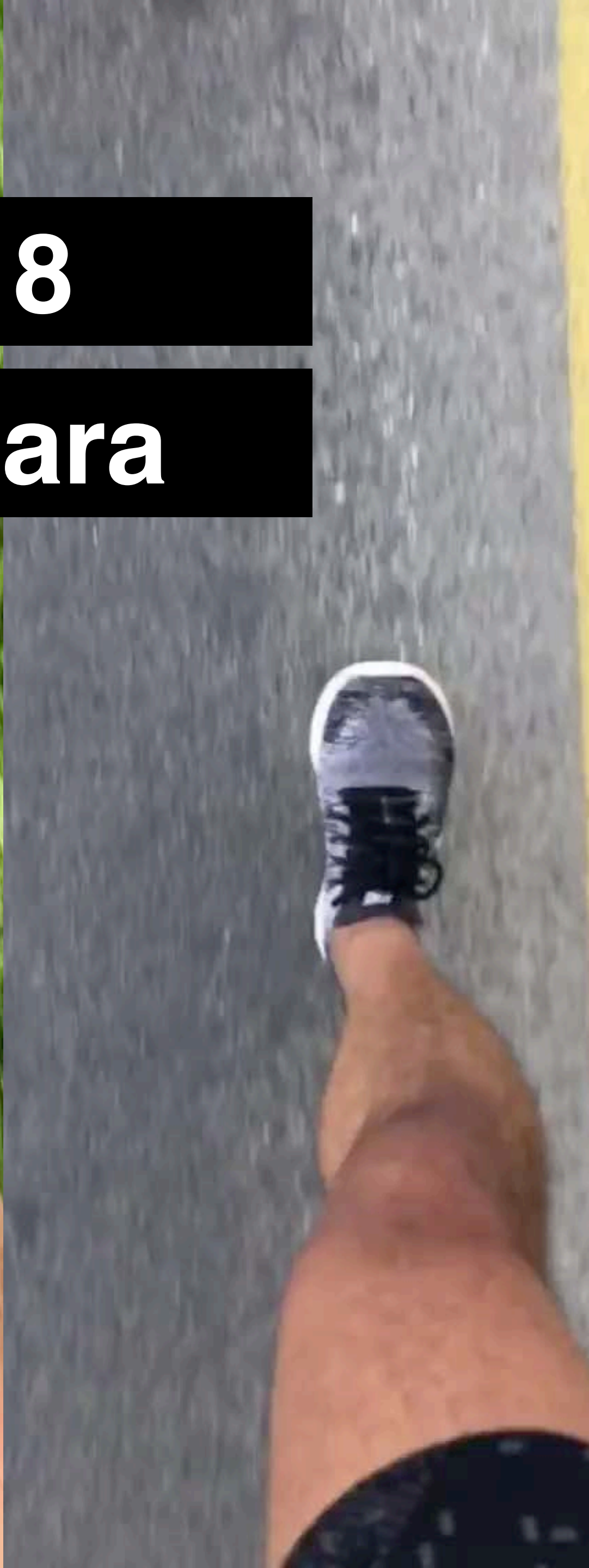
Read More

Distance 9.00 km | Pace 5:39 /km | Time 0h 50m



2018

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