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Subject: News from Helsingør...

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Short update this time...

Helsingør half-marathon took place this Sunday 17 November (Helsingør, Denmark).

Last race planed for the year, a bit of traveling and a nice ending...
New PB: 1:27:55, 2 minutes 9 seconds faster than Semi de Paris in March 2013. Ended as well with 1st place among women :)

The objectives of the race were simple (aren't they always?): get a faster finish time than in Paris in March and hopefully getting a sub90 for this race (as this could not be tested in Malmö this summer due to a problem with Achilles heel).

After an early wake up and a long drive south, Helsingborg was reached. Got the ferry to Denmark and found the start of the race in Helsingør.

Registered on place and then a bit of wait for the start. Tricky to decide which gear as the sun was shining, felt like 10°C, light wind on the little harbour...and lots of runners in long tights, long sleeves jacket and bonnet...Shorts did feel correct in a way...:)

Started on time 10:30am and had a lot of male runners passing me from this point (there was still 21km to go... let them run :)). After a few km -slower than planned but still fine, got a personal "pacer", which a Danish guy right before me and a pace which was for my taste for the first half of the run.

A try this time was to get not too fast the first half and give it all the second one (you may always do plans ahead of a race...that it will work or not is another thing!). After the water station of km8 I left my pace-maker as we entered in the forest and I felt I could run a bit faster. Hang around with three other runners for the short part in the woods and then it was time to turn back as the half-way was reached.

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Real nice to move back to the asphalt :) The legs felt in their element and kind of took control. Better pace and real nice feeling. Passed the three runners who "pulled" me while running in the woods and from this time to the end just ran kind of alone. Saw the pace becoming faster and closer to the "Wow-objective" I had set in my mind :) Running along the coast line again, which was a real pleasure. Of course there was no real time to admire the landscape but for what I see, it is worth coming back :) Reached the final 3km and the mind was pretty pleased and the body just following. The final 1.1km got an slight acceleration, especially when seeing my little cheering squad at the almost last turn and then just got 200m to smile and cross the finish line.

There I took a few breathe and got to understand I crossed the line first of the female runners and got a nice "sweet-stuff" box and photos :) Took all the way drive back home and a bit more before I knew what time I did for the race. Which was a nice surprise :)

So here it is the objective of 2014 to go sub90 on the halfmarathon distance...

Have to do some thinking now :)

A bit slow start, got to do a negative split on purpose (second half faster than first one), still strengths remaining at the end... a bit more work to do to get to the effort level which will make me fully empty of strength at the end of a race... But this will be for next year. Right now, fully enjoying my little medal, my nice place and my great time :)

>> Thanks for all the kind words of support throughout the training and the race and the after-race! And this for the whole running year that has passed :)

Have a great week!

//Kind regards from a little-colder-today place on Earth (aka Gothenburg!) Karima >justrunningaround<