



Forum: Free Express i'¼`è†ç"±â—è»Ši'¼‰

Topic: Madreus "O paraÃ-so"

Subject: Re: Madreus "O paraÃ-so"

Posted by: montanius

Posted on: 2013/11/18 7:39:36

Well, Lin, the countdown clock on the official website misled me... It got to zero at midnight CET (Central European Time), I thought it meant it started then - at 7 a.m. Bangkok time. This 2 a.m. would be perfect for me...

4.03 is outstanding!!! That is a really great time!!! - You are my motivation, today I tried 12.5 km - and I made it easily... I think I'll try to run a half Marathon 2 or 3 times a month, I wonder if my knees can bear it... (In fact I run off-road, I'd hate to circle around a football field.)