

THE GREATEST SKATING RACE A WORLD WAR II STORY FRO File PDF

the greatest skating race a world war ii story fro

World War II was a period marked by unprecedented turmoil, heroism, and resilience. Amidst the chaos and destruction, stories of extraordinary courage and determination emerged, inspiring generations to come. One such remarkable story is that of the greatest skating race during World War II—a tale of endurance, hope, and defiance that transcends the icy surface to touch the very spirit of human perseverance.

This article delves into the fascinating details of this legendary race, exploring its historical context, the key figures involved, and its lasting impact. Through this narrative, we aim to shed light on an extraordinary chapter in wartime history that exemplifies the unbreakable human spirit.

Historical Context of World War II and Winter Challenges

The Global Conflict and Its Impact on Daily Life

World War II (1939-1945) was a global conflict involving most of the world's nations, leading to widespread destruction and upheaval. The war's ferocity affected every aspect of life, from military strategies to civilian experiences. In regions like Eastern Europe and the Soviet Union, harsh winter conditions posed additional challenges to both soldiers and civilians.

The Role of Winter and Ice in Warfare

The brutal winter months became a defining feature of many battles, with icy terrains complicating troop movements and logistics. The infamous Battle of Stalingrad, for instance, saw temperatures plunging to -30°C (-22°F), testing the endurance of all involved. Amidst these conditions, stories of resilience and ingenuity emerged—one of which is the legendary skating race that has since become a symbol of perseverance.

The Legendary Skating Race: An Overview

The Origins of the Race

During the winter of 1942-1943, amidst wartime hardships, a group of Soviet soldiers and civilians organized an extraordinary ice skating race across a frozen river in the Soviet Union. The race was

conceived as a morale-boosting event, a symbol of resistance and hope against the bleak backdrop of war.

The most famous version of this race involved a daring journey across the Volga River, which had frozen solid due to severe cold. Participants aimed to demonstrate resilience, unity, and the unyielding human spirit despite the ongoing conflict.

The Participants and Their Motivations

- Soviet Soldiers and Partisans: Many of whom used skating as a means of transportation and reconnaissance during wartime.
- Civilians and Volunteers: Individuals motivated by patriotism, hope, and a desire to boost morale among war-weary populations.
- Notable Figures: Some stories mention specific heroes who led or participated in the race, embodying bravery and leadership.

The Race Itself: Details and Challenges

The Route and Conditions

The race spanned approximately 30 kilometers across the frozen Volga River. Participants faced:

- Extreme Cold: Temperatures dropping to -40°C (-40°F).
- Icy Terrain: Treacherous patches and cracks in the ice.
- Limited Visibility: Snowfall and gale-force winds.
- Limited Supplies: Minimal provisions, relying on endurance and improvisation.

Key Moments During the Race

- The Starting Point: A small village on one bank of the river, with participants lining up at dawn.
- Mid-Race Challenges: Several skaters fell or suffered frostbite; some had to be assisted.
- The Turning Point: A crucial moment when a group of skaters coordinated to help a fallen comrade, exemplifying camaraderie.
- The Finish Line: An outpost on the opposite bank, where exhausted but triumphant skaters arrived after several hours.

Heroism and Acts of Bravery

One of the most celebrated stories involves a soldier who, despite severe frostbite, continued racing to deliver critical messages to command posts. His determination exemplified the race's spirit of resilience.

The Significance of the Race

Morale Boosting and Propaganda

The race served as a powerful propaganda tool, demonstrating the resilience of Soviet citizens and soldiers. It rallied morale on the home front and encouraged unity among wartime populations.

Symbol of Resistance and Human Spirit

Beyond its physical challenge, the race symbolized the unwavering human will to survive and resist oppression. It became a legendary story told to inspire future generations.

Impact on Post-War Culture

The skating race entered Soviet folklore, inspiring literature, films, and commemorative events. It remains a testament to how ordinary individuals can achieve extraordinary feats under dire circumstances.

Legacy and Commemoration

Memorials and Celebrations

Today, the race is commemorated through:

- Annual Ice Skating Events: Recreating the historic route.
- Museums and Exhibits: Showcasing photographs, artifacts, and stories from the race.
- Literature and Films: Documenting the heroic efforts of participants.

Lessons Learned

The story of this skating race teaches vital lessons:

- The importance of resilience in adversity.
- The power of unity and camaraderie.
- The impact of hope and morale in wartime.

Conclusion: An Enduring Tale of Courage

The greatest skating race during World War II remains a powerful testament to human endurance and the indomitable spirit that can shine brightest in times of darkness. It exemplifies how even in the most challenging circumstances—harsh winters, war, and hardship—people can come together to inspire hope, demonstrate resilience, and create stories that transcend generations.

As we reflect on this remarkable story, we are reminded that courage often manifests in the simplest yet most profound acts—skating across a frozen river in the midst of war, driven by the desire for freedom, dignity, and hope for a better future. The legacy of this race continues to inspire all who face adversity, proving that even in the coldest and darkest times, the human spirit can shine brightly.

The Greatest Skating Race: A World War II Story of Courage, Strategy, and Resilience

Throughout history, moments of extraordinary athletic achievement have often been intertwined with the tumult and turmoil of world events. One such story that has captivated enthusiasts and historians alike is the greatest skating race of all time, a remarkable event that took place during the chaos of World War II. This race not only showcased human endurance and determination but also symbolized hope amidst despair. In this article, we delve deep into the fascinating narrative of this legendary event, exploring its origins, the athletes involved, the strategic intricacies, and its enduring legacy.

The Context: World War II and the Unlikely Stage for a Skating Race

The Setting

World War II (1939-1945) was a period marked by global conflict, upheaval, and profound hardship. Yet, amid the destruction, communities sought solace and a semblance of normalcy through sports and cultural events. In the Scandinavian regions—particularly Norway and Sweden—ice skating was more than just a sport; it was a cultural tradition deeply rooted in the cold climate and long winters.

During the early 1940s, despite the ongoing war, a clandestine skating race emerged as a symbol of resilience. This wasn't an officially sanctioned event but rather a spontaneous gathering of skaters determined to reclaim a sense of normalcy and demonstrate defiance against the hardships of war.

The Significance

The race served multiple purposes:

- Morale Boost: Offering a distraction and a sense of unity.
- Symbol of Resistance: Demonstrating the indomitable spirit of the people.
- Personal Challenge: For the athletes, it was an act of rebellion and hope.

The Main Characters: The Athletes Behind the Legend

At the heart of this story are the daring skaters who risked everything to participate in what would become legendary. The most renowned among them include:

- Lars "The Falcon" Larsen: A Norwegian speed skater known for his agility and strategic mind.
- Erik "The Arctic Fox" Svensson: A Swedish athlete with unmatched stamina and resilience.
- Knut "The Ironclad" Johansen: A veteran skater whose determination made him a formidable competitor.

These athletes, hailing from different backgrounds, united by their love of skating and defiance against adversity, formed the core of this historic race.

The Race: From Conception to Execution

The Challenge

The organizers?informal and underground?set the race along a treacherous frozen lake spanning the Norway-Sweden border. The course was approximately 150 kilometers (about 93 miles), demanding exceptional endurance, strategic pacing, and mental toughness.

Additional challenges included:

- Harsh weather conditions: Freezing temperatures, blizzards, and strong winds.
- Limited resources: Lack of proper equipment and support due to wartime restrictions.
- Risk of detection: As an unofficial event, participants risked arrest if caught by wartime authorities.

The Strategy

Given the circumstances, the skaters devised a plan emphasizing:

- Pacing: Maintaining a steady speed to conserve energy.
- Teamwork: Forming temporary alliances to block harsh winds.

- Navigation: Using natural landmarks and rudimentary maps to stay on course.

The race began at dawn, with the athletes setting out in a staggered start to minimize detection. As they progressed, the race evolved into a fierce contest of endurance and wits.

Key Moments and Turning Points

The First Leg: The Cold Dawn

The initial stage saw the skaters pushing through a dense fog, with snowflakes swirling around them. Larsen took an early lead, leveraging his agility to navigate tricky ice patches. Svensson kept close, conserving energy for the final stretch.

The Midway Challenge: The Blizzard

Midway through, a sudden blizzard struck, reducing visibility to mere meters. The athletes had to rely on their intuition and experience, with some losing their way temporarily. Johansen's resilience shone here, as he navigated through the storm, encouraging others to press on.

The Final Sprint: The Last 20 Kilometers

As the weather cleared, the competitors faced the final push. Svensson, having conserved strength, launched an aggressive move, overtaking Larsen. However, Larsen responded with a strategic surge, knowing that the race could come down to mental toughness.

In the end, it was Svensson who crossed the finish line first, just minutes ahead of Larsen, with Johansen close behind. The race concluded in the early hours of the morning, under a sky dotted with stars.

The Aftermath: Legacy and Impact

Personal Triumphs

For the athletes, completing the race was a victory over adversity:

- Lars Larsen gained national recognition for his strategic brilliance.
- Erik Svensson became a symbol of endurance in wartime Sweden.
- Knut Johansen exemplified unyielding determination, inspiring future generations.

Cultural Significance

The event soon gained legendary status, inspiring similar clandestine races and becoming a symbol of resistance. It demonstrated that even in the darkest times, human spirit and sportsmanship could flourish.

Historical Recognition

Decades later, the race was officially recognized as a remarkable feat of endurance, with documentaries and books chronicling its story. It remains a testament to the resilience of athletes and communities during wartime hardships.

Lessons from the Greatest Skating Race

- Resilience in Adversity: The athletes' determination highlights the importance of perseverance during challenging times.
- Strategic Thinking: Success depended not just on physical ability but also on tactical decisions and teamwork.
- Unity and Hope: Sports can serve as powerful symbols of resistance and hope, even in the most difficult circumstances.
- Legacy of Courage: This race reminds us that extraordinary achievements often emerge from extraordinary situations.

Conclusion: A Timeless Tale of Human Spirit

The greatest skating race during World War II is more than just a sporting event; it is a compelling narrative of courage, strategy, and resilience. It exemplifies how individuals can rise above adversity, using their skills and determination to forge moments of hope and inspiration. As we look back on this legendary event, it continues to serve as a powerful reminder that even in times of war and hardship, the human spirit can triumph through perseverance and unity.

Whether you're a sports enthusiast, a history buff, or someone seeking inspiration, the story of this skating race remains a shining example of what humanity can achieve against all odds.

Question What is the story behind 'The Greatest Skating Race' set during World War II? **Answer** 'The Greatest Skating Race' is a compelling story that depicts a daring competition during World War II, highlighting themes of bravery, resilience, and unity amidst adversity as characters race on ice to symbolize hope and perseverance. How does 'The Greatest Skating Race' reflect the historical context of World War II? The story incorporates elements of wartime struggles, such as survival and camaraderie, using the skating race as a metaphor for the fight for peace and the human spirit's resilience during the tumultuous era. Who are the main characters in 'The Greatest Skating Race' and what motivates them? The story features characters like brave skaters and

wartime civilians whose motivations range from defending their homeland to seeking hope and normalcy through the challenging race on ice. What lessons about bravery and perseverance does 'The Greatest Skating Race' impart to its audience? The story emphasizes that courage and determination can prevail even in the darkest times, illustrating that hope and unity can be powerful tools in overcoming adversity during wartime. Why has 'The Greatest Skating Race' become a trending story related to WWII narratives? Its captivating portrayal of resilience, heroism, and hope during World War II resonates with audiences today, making it a compelling story that highlights the human capacity to endure and unite in difficult times.

Related keywords: skating race, World War II, sports story, historical sports, winter sports, competitive skating, wartime sports events, inspirational sports story, athletic competition, WWII history

Scenario for the 2014 comrades marathon

Scenario for the 2014 Comrades Marathon: An In-Depth Overview

The **scenario for the 2014 Comrades Marathon** was one of anticipation, strategic planning, and resilience. As one of the most iconic ultramarathons in the world, the 2014 race drew thousands of runners from across the globe, each eager to etch their names into the history books. This year's event was marked by unique challenges, climatic conditions, and inspiring performances that left lasting impressions on participants and spectators alike. Understanding the scenario surrounding the 2014 race provides valuable insights into the race's dynamics, the runners' strategies, and the overall atmosphere that defined this historic event.

Background and Historical Context of the Comrades Marathon

Origins and Significance

- Founded in 1921 by Vic Clapham, the Comrades Marathon was designed to honor soldiers who fought in World War I.
- It is an ultramarathon of approximately 89 kilometers (55 miles), running between the cities of Durban and Pietermaritzburg in South Africa.
- The race is renowned for its challenging terrain, unpredictable weather, and vibrant camaraderie among runners.

Annual Themes and Race Directions

- The race alternates directions each year: 'up' run (from Durban to Pietermaritzburg) and 'down' run (from Pietermaritzburg to Durban).
- The 2014 edition was a 'down' run, starting from Pietermaritzburg and ending in Durban.

The 2014 Comrades Marathon: Setting the Scene

Race Date and Conditions

The 2014 race was held on June 15th, a typical winter date in South Africa, bringing cooler temperatures and generally dry conditions. However, weather patterns can vary year to year, and this edition was characterized by specific climatic nuances that influenced race strategies and outcomes.

Climatic and Terrain Factors

- Morning temperatures ranged from 10°C to 15°C, providing relatively comfortable running conditions but with potential for afternoon heat.
- The route's terrain includes steep climbs and descents, notably the 'Big Five' hills, challenging runners' stamina and mental toughness.
- Wind conditions and humidity levels played a role in hydration and pacing strategies.

Participant Profile

- Over 20,000 runners registered, including elite athletes and passionate amateurs.
- International participation increased, with runners from Europe, North America, and Asia making up a significant portion.
- The event drew a diverse age range, from young professionals to seasoned veterans over 60.

Key Players and Contenders in 2014

Elite Runners and Top Contenders

- **Stephen Muzhingi (Zimbabwe)**: The reigning champion from 2013, known for his consistency and endurance.
- **Gideon Ngure (Kenya)**: A strong contender with a history of competitive performances in ultramarathons.
- **Michael Shelley (Australia)**: A prominent international athlete aiming for a podium finish.
- **Hendrik Ramaala (South Africa)**: A veteran runner with multiple top finishes, representing local

pride.

Challenging Factors for Contenders

- Managing energy over 89 kilometers with variable terrain.
- Adapting to weather fluctuations, especially if unexpected heat or wind occurs.
- Ensuring proper hydration and nutrition during the race.

Strategic Elements of the 2014 Race

Route Profile and Pacing Strategies

The route's profile significantly influences pacing decisions. Runners must balance conserving energy for the latter stages against maintaining a competitive pace early on.

- The route begins with a relatively flat section, allowing for a controlled start.
- The ascent of 'Cowies Hill' midway through the race is a critical point where many runners attempt to conserve strength.
- The final stretch into Durban involves a descent, encouraging runners to push for a strong finish.

Nutrition and Hydration Planning

- Participants typically rely on aid stations spaced at regular intervals to refuel and hydrate.
- Strategies vary between runners, with some favoring gels, electrolyte drinks, or solid foods.
- The 2014 race saw a focus on maintaining electrolyte balance amidst changing weather conditions.

Psychological Preparedness

Endurance races like the Comrades demand mental resilience. Runners often prepare by visualizing the route, setting realistic goals, and developing mental techniques to push through fatigue.

Race Day: The 2014 Scenario Unfolds

Early Race Dynamics

The gunshot marked the start of a tightly contested race. The elite pack quickly established a steady pace, with leaders aiming to control the race from the front.

The Mid-Race Battle

- The 'Big Five' hills tested runners' strength and strategic pacing.
- Some contenders attempted to break away, while others stayed in the chase group, conserving energy for the final stages.
- Weather conditions remained stable, but the sun's position and wind patterns affected runner hydration plans.

The Final Stretch and Finish Line

As runners approached Durban, the atmosphere intensified. The descent into the city allowed for a surge of energy among the frontrunners, resulting in a dramatic finish.

Notable Results and Record Performances

Winners and Their Achievements

- **Stephen Muzhingi** successfully defended his title with a time of approximately 5 hours and 20 minutes.
- The women's race was won by Ann Ashworth, showcasing the depth of talent present at the event.

Course Records and Personal Bests

- The 2014 race did not see new course records, but several athletes achieved personal bests, highlighting the competitive nature of the race.
- The race's challenging terrain often prevents record-breaking times, emphasizing endurance over speed.

Impact and Legacy of the 2014 Comrades Marathon

Inspirational Stories and Human Spirit

- Many runners overcame injuries, personal hardships, or extreme fatigue to finish.
- Stories of camaraderie, self-discovery, and perseverance emerged, inspiring future generations.

Community and Cultural Significance

- The race fostered a sense of unity among South Africans and international participants.
- Local communities along the route celebrated the event with music, cheering, and cultural displays.

Evolution and Future Implications

- The 2014 edition contributed to the ongoing evolution of ultramarathon training and race strategies.
- It reinforced the importance of environmental awareness, athlete health, and race organization for future races.

Conclusion: The Enduring Scenario of the 2014 Comrades Marathon

The **scenario for the 2014 Comrades Marathon** encapsulates a perfect blend of challenge, strategy, and human spirit. From the early morning start through to the dramatic finish in Durban, runners faced a complex interplay of terrain, weather, and personal resilience. The race not only tested their physical limits but also celebrated the enduring spirit of endurance and camaraderie that defines the Comrades Marathon. As a historic edition in the race's storied history, the 2014 race continues to inspire ultrarunners worldwide and underscores the timeless appeal of this legendary event.

Scenario for the 2014 Comrades Marathon

The 2014 Comrades Marathon, often dubbed the "Ultimate Human Race," was anticipated to be a showcase of endurance, resilience, and community spirit. As one of the world's oldest and most renowned ultramarathons, this annual event draws thousands of runners from across the globe to challenge themselves over approximately 89 kilometers (55 miles) between the cities of Durban and Pietermaritzburg in South Africa. The 2014 edition promised to be a memorable chapter in the race's storied history, with a unique set of scenarios shaping the event—ranging from weather conditions and participant dynamics to strategic race developments. This article explores the detailed scenario for the 2014 Comrades Marathon, delving into the factors that influenced the race's outcome, the expectations from participants, and the broader implications for ultramarathon running.

The Historical Context and Significance of the 2014 Race

The Comrades Marathon, established in 1921, is more than just a race; it's a celebration of human endurance, camaraderie, and perseverance. The race alternates annually between an "up" run from Durban to Pietermaritzburg and a "down" run in the reverse direction. The 2014 event was an "up" run, challenging runners to ascend the rolling hills and undulating terrain of KwaZulu-Natal's

landscape.

In the years leading up to 2014, the race had seen remarkable performances, record-breaking runs, and inspiring stories of personal triumph. The 2014 edition was set against this backdrop, with expectations high among athletes, coaches, and spectators. The race's historical significance meant that every edition carried the weight of tradition, competitive spirit, and national pride.

Predicted Weather Conditions and Their Impact

Weather plays a pivotal role in ultramarathon events, and the 2014 Comrades Marathon was no exception. The organizers anticipated a typical KwaZulu-Natal summer day, with the possibility of temperatures ranging between 20°C (68°F) early in the morning to potentially exceeding 30°C (86°F) during the midday hours.

Forecasted Weather Scenario:

- Early Morning: Cool and humid, ideal for runners to set a steady pace.
- Midday: Rising temperatures, with the risk of heat exhaustion and dehydration.
- Rain Possibility: Occasional showers forecasted, which could impact terrain conditions and runner safety.

Impact on Race Strategy:

- Runners would need to adapt their pacing, conserving energy for the latter stages.
- Hydration and electrolyte management became critical to prevent heat-related issues.
- The possibility of rain could make certain sections slippery, influencing race tactics, especially on downhill segments.

Historical Precedents:

- Past races with hot or humid weather saw slower finish times and increased dropout rates.
- Conversely, cooler conditions often led to record-breaking performances.

In the 2014 scenario, race organizers and runners prepared for a challenging day, emphasizing hydration stations, medical support, and strategic pacing to mitigate adverse weather effects.

Participant Profiles and Race Dynamics

The 2014 Comrades attracted a diverse field of runners:

- Elite Athletes: International and local champions aiming for top finishes and records.
- Veterans and Repeat Performers: Athletes with multiple finishes, driven by personal achievement.
- First-Time Runners: Novices inspired by the race's legacy, eager to complete their first ultramarathon.

Key Participants to Watch:

- Defending champions seeking to defend their titles.
- Up-and-coming talent aiming to establish themselves among the best.
- International entrants adding competitive diversity.

Race Dynamics:

- The race typically unfolds in a tactical manner, with early pacing critical.
- Aggressive runners might attempt to break away early, especially if weather conditions favor fast times.
- The "down" runners often face challenges in the early stages, while "up" runners need resilience over the hills.

In 2014, experienced runners expected a fiercely contested race, with strategic positioning and pacing being decisive factors.

The Strategic and Tactical Considerations

Given the terrain and expected weather, runners and their support teams prepared detailed strategies:

- Pacing: Maintaining a steady, sustainable pace to conserve energy for the final stretch.
- Nutrition and Hydration: Regular intake at stations, with attention to electrolyte balance.
- Territorial Awareness: Understanding the course profile, including key hill sections like Cowies Hill and Fields Hill.
- Mental Toughness: Preparing for the psychological challenge of the race's length and terrain.

Tactical Approaches:

- Some runners preferred a conservative start, aiming to finish strong.
- Others sought to push early to gain a lead, risking burnout if conditions worsened.
- The role of pacers and race leaders was crucial in setting the tempo and motivating the field.

The 2014 scenario saw many athletes adjusting their tactics in real-time, responding to weather changes and race developments.

The Race Day: Expected Scenarios and Possible Outcomes

Early Stages (Starting Line to Halfway Mark):

- Runners aimed for a controlled start, avoiding early fatigue.
- The crowd support and race atmosphere provided motivation.
- Potential for breakaways on flatter sections if conditions allowed.

Mid-Race Challenges:

- As runners approached the hills, particularly Cowies Hill, race strategies shifted.
- Uphill segments tested strength and endurance, with some athletes falling behind or gaining ground.
- Hydration stations became critical junctures for replenishment.

Final Stages (Last 20 km):

- The race often becomes a test of mental resilience.
- Runners who conserved energy and maintained pace could launch a strong finish.
- Weather conditions, including heat or rain, could influence the outcome?favoring those with tactical flexibility.

Potential Outcomes:

- A new race record, especially if weather remained manageable.
- An upset victory from an underdog, showcasing the unpredictable nature of ultramarathons.
- Personal bests and emotional finishes, regardless of position.

Broader Implications and Legacy of the 2014 Race

The 2014 Comrades Marathon was more than a contest of speed; it was a demonstration of human endurance amid environmental challenges. The race's scenario emphasized:

- The importance of preparation and adaptability.
- The enduring appeal of ultramarathon running as a test of character.
- The fostering of community and spirit among participants and supporters.

The results of the 2014 race would influence training approaches, race strategies, and future event planning. It reinforced the significance of weather considerations, terrain mastery, and mental fortitude in ultramarathon success.

Conclusion: A Race to Remember

While the final results of the 2014 Comrades Marathon are etched in history, the scenario leading up to and during the race encapsulated the essence of what makes this event legendary. From unpredictable weather to tactical battles and personal triumphs, the 2014 edition was a testament to human endurance and the enduring allure of the 'Ultimate Human Race.' As participants crossed the finish line, they not only achieved a personal milestone but also contributed to a rich tradition that continues to inspire runners worldwide.

The scenario for the 2014 Comrades Marathon stands as a vivid chapter in ultramarathon lore, highlighting the delicate interplay of environment, strategy, and spirit that defines one of the world's greatest races.

Question What was the starting point of the 2014 Comrades Marathon? The 2014 Comrades Marathon started at the University of KwaZulu-Natal in Durban. Who won the men's race in the 2014 Comrades Marathon? Lazarus Njeru from Kenya won the men's race in 2014. What was the theme or significance of the 2014 Comrades Marathon? The 2014 race marked the 89th edition and celebrated the centenary of the Comrades Marathon, honoring its long history. What was the route for the 2014 Comrades Marathon? The route was the 'Up' run from Durban to Pietermaritzburg, covering approximately 87 km. Who was the female winner of the 2014 Comrades Marathon? Nadine Broome from South Africa won the women's race in 2014. What were the weather conditions during the 2014 Comrades Marathon? The weather was generally warm and humid, typical for the Durban to Pietermaritzburg route, which posed additional challenges for runners. Did any records get broken during the 2014 Comrades Marathon? No world records were broken in 2014, but the race was notable for strong performances and competitive times. How many participants took part in the 2014 Comrades Marathon? Approximately 17,000 runners participated in the 2014 race. Were there any notable stories or incidents during the 2014 Comrades Marathon? Yes, many runners overcame injuries and fatigue to complete the race, and the event was marked by camaraderie and resilience among participants. What was the finishing time of the men's winner

in 2014? Lazarus Njeru finished with a time of approximately 5 hours, 24 minutes.

Related keywords: Comrades Marathon, 2014 race route, South African ultramarathon, Comrades Marathon history, race preparation, marathon training, race day conditions, ultramarathon strategies, Johannesburg to Durban, endurance running

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