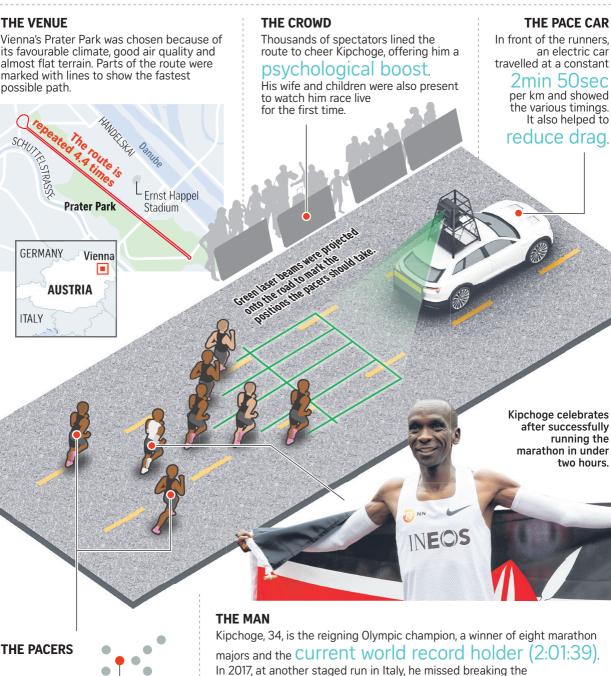
## How Kipchoge made history

Last Saturday, Eliud Kipchoge became the first person to run a sub-two hour marathon. The Straits Times looks at how the Kenyan did it.



## Kipchoge elite runners,

including former world champion Bernard Lagat, paced Kipchoge. Rotating teams of seven ran with him, five in front in an open V-formation and two at the back, forming an

aerodynamic pocket

## THE EQUIPMENT

smooth running form.

Kipchoge wore a pair of unreleased Nike marathon shoes, whose midsole is cushioned by a carbon fibre plate. Nike research says give an

two-hour barrier by only 25sec. He also has a highly efficient and

improved efficiency of over 4 per cent.

