

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.

THE VENUE

Vienna's Prater Park was chosen because of its favourable climate, good air quality and almost flat terrain. Parts of the route were marked with lines to show the fastest possible path.



THE CROWD

Thousands of spectators lined the route to cheer Kipchoge, offering him a **psychological boost**.

His wife and children were also present to watch him race live for the first time.

THE PACE CAR

In front of the runners, an electric car travelled at a constant

2min 50sec per km and showed the various timings. It also helped to **reduce drag**.

Green laser beams were projected onto the road to mark the positions the pacers should take.

Kipchoge celebrates after successfully running the marathon in under two hours.

THE PACERS

41 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** for him.



THE MAN

Kipchoge, 34, is the reigning Olympic champion, a winner of eight marathon majors and the **current world record holder (2:01:39)**. In 2017, at another staged run in Italy, he missed breaking the two-hour barrier by only 25sec. He also has a highly efficient and smooth running form.

THE EQUIPMENT

Kipchoge wore a pair of unreleased Nike marathon shoes, whose midsole is cushioned by a carbon fibre plate. Nike research says give an **improved efficiency of over 4 per cent**.

