



YOU WILL NEVER RUN ALONE

Diploma

JOSÉ ALMEIDA

Race number: 510 | Gender: M
Nationality: PORTUGAL
Club: RUNNING ESMORIZ

Place: 674 Age Group: M20 Place Age Group: 156

Time (iliquid): 3:30:16	Pace: 0:05:00	Time (liquid): 3:30:02
Check-Point nº 1 - 5k: 0:24:49	Check-Point nº 2 - 10k: 0:49:50	Check-Point nº 3 - 15k: 1:14:31
Check-Point nº 4 - 19.4k: 1:36:24	Check-Point nº 5 - 20k: 1:39:29	Check-Point nº 6 - 20.2k: 1:40:17
Check-Point nº 7 - MM: 1:44:55	Check-Point nº 8 - 25k: 2:03:57	Check-Point nº 9 - 25.2k: 2:04:49
Check-Point nº 10 - 30k: 2:28:42	Check-Point nº 11 - 35k: 2:53:46	Check-Point nº 12 - 40k: 3:19:24
Check-Point nº 13 - 41.1k: 3:25:19		