



**YOU WILL NEVER RUN ALONE**

Diploma

**ALVARO FERREIRA**

Race number: 5509 | Gender: M  
Nationality: PORTUGAL  
Club: INDIVIDUAL

Place: 3621      Age Group: M70      Place Age Group: 10

Time (iliquid): 5:37:53	Pace: 0:07:58	Time (liquid): 5:35:11
Check-Point nº 1 - 5k: 0:39:37	Check-Point nº 2 - 10k: 1:16:14	Check-Point nº 3 - 15k: 1:53:36
Check-Point nº 4 - 19.4k: 2:27:11	Check-Point nº 5 - 20k: 2:31:51	Check-Point nº 6 - 20.2k: 2:33:09
Check-Point nº 7 - MM: 2:40:20	Check-Point nº 8 - 25k: 3:11:48	Check-Point nº 9 - 25.2k: 3:13:03
Check-Point nº 10 - 30k: 3:52:36	Check-Point nº 11 - 35k: 4:35:05	Check-Point nº 12 - 40k: 5:18:37
Check-Point nº 13 - 41.1k: 5:29:15		