



YOU WILL NEVER RUN ALONE

Diploma

RICARDO CANASTRO

Race number: 2789 | Gender: M
Nationality: PORTUGAL
Club: GAIATHYNAIKOS

Place: 3468 Age Group: M35 Place Age Group: 400

Time (iliquid): 5:17:20	Pace: 0:07:31	Time (liquid): 5:15:59
Check-Point nº 1 - 5k: 0:30:06	Check-Point nº 2 - 10k: 0:58:24	Check-Point nº 3 - 15k: 1:26:19
Check-Point nº 4 - 19.4k: 1:51:02	Check-Point nº 5 - 20k: 1:54:29	Check-Point nº 6 - 20.2k: 1:55:28
Check-Point nº 7 - MM: 2:00:52	Check-Point nº 8 - 25k: 2:24:47	Check-Point nº 9 - 25.2k: 2:25:54
Check-Point nº 10 - 30k: 3:07:04	Check-Point nº 11 - 35k: 4:06:23	Check-Point nº 12 - 40k: 4:55:00
Check-Point nº 13 - 41.1k: 5:06:40		