



YOU WILL NEVER RUN ALONE

Diploma

NELSON MACHADO

Race number: 3075 | Gender: M
Nationality: PORTUGAL
Club: UNIDOS À FRESCA

Place: 522 Age Group: M45 Place Age Group: 84

Time (iliquid): 3:24:02	Pace: 0:04:50	Time (liquid): 3:23:01
Check-Point nº 1 - 5k: 0:25:46	Check-Point nº 2 - 10k: 0:49:32	Check-Point nº 3 - 15k: 1:13:09
Check-Point nº 4 - 19.4k: 1:33:41	Check-Point nº 5 - 20k: 1:36:30	Check-Point nº 6 - 20.2k: 1:37:18
Check-Point nº 7 - MM: 1:41:38	Check-Point nº 8 - 25k: 2:00:45	Check-Point nº 9 - 25.2k: 2:01:35
Check-Point nº 10 - 30k: 2:24:27	Check-Point nº 11 - 35k: 2:48:17	Check-Point nº 12 - 40k: 3:12:51
Check-Point nº 13 - 41.1k: 3:18:52		