



**YOU WILL NEVER RUN ALONE**

Diploma

**VALDEMAR LOPES**

Race number: 2972 | Gender: M

Nationality: PORTUGAL

Club:

Place: 2287

Age Group: M45

Place Age Group: 346

Time (iliquid): 4:19:50

Pace: 0:06:09

Time (liquid): 4:18:27

Check-Point nº 1 - 5k: 0:29:02

Check-Point nº 2 - 10k: 0:56:00

Check-Point nº 3 - 15k: 1:23:04

Check-Point nº 4 - 19.4k: 1:46:58

Check-Point nº 5 - 20k: 1:50:16

Check-Point nº 6 - 20.2k: 1:51:21

Check-Point nº 7 - MM: 1:56:24

Check-Point nº 8 - 25k: 2:18:12

Check-Point nº 9 - 25.2k: 2:19:18

Check-Point nº 10 - 30k: 2:47:42

Check-Point nº 11 - 35k: 3:22:16

Check-Point nº 12 - 40k: 4:03:28

Check-Point nº 13 - 41.1k: 4:12:24