



YOU WILL NEVER RUN ALONE

Diploma

HELDER LAGES

Race number: 6179 | Gender: M

Nationality: PORTUGAL

Club:

Place: 3558

Age Group: M20

Place Age Group: 761

Time (iliquid): 5:27:36

Pace: 0:07:41

Time (liquid): 5:22:50

Check-Point nº 1 - 5k: 0:36:41

Check-Point nº 2 - 10k: 1:08:15

Check-Point nº 3 - 15k: 1:39:43

Check-Point nº 4 - 19.4k: 2:08:14

Check-Point nº 5 - 20k: 2:12:03

Check-Point nº 6 - 20.2k: 2:13:10

Check-Point nº 7 - MM: 2:19:14

Check-Point nº 8 - 25k: 2:46:26

Check-Point nº 9 - 25.2k: 2:47:52

Check-Point nº 10 - 30k: 3:25:01

Check-Point nº 11 - 35k: 4:14:15

Check-Point nº 12 - 40k: 5:10:04

Check-Point nº 13 - 41.1k: 5:20:01