



YOU WILL NEVER RUN ALONE

Diploma

MANUEL DE MACEDO SOUSA

Race number: 7652 | Gender: M

Nationality: PORTUGAL

Club:

Place: 3809

Age Group: M55

Place Age Group: 245

Time (iliquid): 6:35:12

Pace: 0:09:20

Time (liquid): 6:32:18

Check-Point nº 1 - 5k: 0:34:49

Check-Point nº 2 - 10k: 1:07:37

Check-Point nº 3 - 15k: 1:49:41

Check-Point nº 4 - 19.4k: 2:27:56

Check-Point nº 5 - 20k: 2:33:44

Check-Point nº 6 - 20.2k: 2:36:28

Check-Point nº 7 - MM: 2:45:39

Check-Point nº 8 - 25k: 3:24:14

Check-Point nº 9 - 25.2k: 3:26:48

Check-Point nº 10 - 30k: 4:20:02

Check-Point nº 11 - 35k: 5:17:13

Check-Point nº 12 - 40k: None

Check-Point nº 13 - 41.1k: None