



YOU WILL NEVER RUN ALONE

Diploma

FRANCISCO LADEIRA

Race number: 3559 | Gender: M

Nationality: PORTUGAL

Club:

Place: 1825

Age Group: M20

Place Age Group: 423

Time (iliquid): 4:02:35

Pace: 0:05:44

Time (liquid): 4:01:08

Check-Point nº 1 - 5k: 0:28:33

Check-Point nº 2 - 10k: 0:55:02

Check-Point nº 3 - 15k: 1:21:32

Check-Point nº 4 - 19.4k: 1:44:54

Check-Point nº 5 - 20k: 1:48:05

Check-Point nº 6 - 20.2k: 1:48:56

Check-Point nº 7 - MM: 1:53:43

Check-Point nº 8 - 25k: 2:14:15

Check-Point nº 9 - 25.2k: 2:15:07

Check-Point nº 10 - 30k: 2:40:46

Check-Point nº 11 - 35k: 3:08:49

Check-Point nº 12 - 40k: 3:47:02

Check-Point nº 13 - 41.1k: 3:55:57