



YOU WILL NEVER RUN ALONE

Diploma

JOÃO CARMO

Race number: 3562 | Gender: M
Nationality: PORTUGAL
Club: PORTO EXPAT RUNNERS

Place: 1473 Age Group: M35 Place Age Group: 218

Time (iliquid): 3:54:25	Pace: 0:05:33	Time (liquid): 3:53:08
Check-Point nº 1 - 5k: 0:30:09	Check-Point nº 2 - 10k: 0:58:27	Check-Point nº 3 - 15k: 1:25:50
Check-Point nº 4 - 19.4k: 1:49:37	Check-Point nº 5 - 20k: 1:52:57	Check-Point nº 6 - 20.2k: 1:53:54
Check-Point nº 7 - MM: 1:58:53	Check-Point nº 8 - 25k: 2:20:13	Check-Point nº 9 - 25.2k: 2:21:15
Check-Point nº 10 - 30k: 2:47:43	Check-Point nº 11 - 35k: 3:14:43	Check-Point nº 12 - 40k: 3:42:35
Check-Point nº 13 - 41.1k: 3:48:57		