



YOU WILL NEVER RUN ALONE

Diploma

DINIS PRUDENCIO

Race number: 1197 | Gender: M
Nationality: PORTUGAL
Club: GRF - BENEDITA

Place: 418 Age Group: M50 Place Age Group: 55

Time (iliquid): 3:18:44	Pace: 0:04:43	Time (liquid): 3:18:39
Check-Point nº 1 - 5k: 0:21:21	Check-Point nº 2 - 10k: 0:42:24	Check-Point nº 3 - 15k: 1:03:59
Check-Point nº 4 - 19.4k: 1:22:52	Check-Point nº 5 - 20k: 1:25:27	Check-Point nº 6 - 20.2k: 1:26:11
Check-Point nº 7 - MM: 1:30:15	Check-Point nº 8 - 25k: 1:48:23	Check-Point nº 9 - 25.2k: 1:49:12
Check-Point nº 10 - 30k: 2:12:33	Check-Point nº 11 - 35k: 2:39:16	Check-Point nº 12 - 40k: 3:07:13
Check-Point nº 13 - 41.1k: 3:13:29		