



**YOU WILL NEVER RUN ALONE**

Diploma

**HELDER SILVA**

Race number: 87 | Gender: M

Nationality: PORTUGAL

Club:

Place: 295

Age Group: M45

Place Age Group: 51

Time (iliquid): 3:11:55

Pace: 0:04:34

Time (liquid): 3:11:52

Check-Point nº 1 - 5k: 0:19:27

Check-Point nº 2 - 10k: 0:39:00

Check-Point nº 3 - 15k: 0:58:35

Check-Point nº 4 - 19.4k: 1:16:06

Check-Point nº 5 - 20k: 1:18:35

Check-Point nº 6 - 20.2k: 1:19:22

Check-Point nº 7 - MM: 1:23:19

Check-Point nº 8 - 25k: 1:40:51

Check-Point nº 9 - 25.2k: 1:41:46

Check-Point nº 10 - 30k: 2:05:52

Check-Point nº 11 - 35k: 2:28:20

Check-Point nº 12 - 40k: 2:58:15

Check-Point nº 13 - 41.1k: 3:05:20