



YOU WILL NEVER RUN ALONE

Diploma

PAULO COSTA

Race number: 1271 | Gender: M

Nationality: PORTUGAL

Club: LACTOGAL - LACTOGAL - MIMOSA PROTEÍNA

Place: 703

Age Group: M50

Place Age Group: 90

Time (iliquid): 3:30:52

Pace: 0:05:00

Time (liquid): 3:30:40

Check-Point nº 1 - 5k: 0:24:51

Check-Point nº 2 - 10k: 0:49:01

Check-Point nº 3 - 15k: 1:13:05

Check-Point nº 4 - 19.4k: 1:34:08

Check-Point nº 5 - 20k: 1:37:01

Check-Point nº 6 - 20.2k: 1:37:52

Check-Point nº 7 - MM: 1:42:22

Check-Point nº 8 - 25k: 2:01:19

Check-Point nº 9 - 25.2k: 2:02:09

Check-Point nº 10 - 30k: 2:28:27

Check-Point nº 11 - 35k: 2:53:22

Check-Point nº 12 - 40k: 3:19:14

Check-Point nº 13 - 41.1k: 3:25:20