



YOU WILL NEVER RUN ALONE

Diploma

PAULO MARQUES

Race number: 1334 | Gender: M
Nationality: PORTUGAL
Club: EDP C

Place: 2010 Age Group: M45 Place Age Group: 312

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|------------------------------------|----------------------------------|-----------------------------------|
| Time (iliquid): 4:09:52 | Pace: 0:05:56 | Time (liquid): 4:09:24 |
| Check-Point nº 1 - 5k: 0:29:21 | Check-Point nº 2 - 10k: 0:56:52 | Check-Point nº 3 - 15k: 1:24:57 |
| Check-Point nº 4 - 19.4k: 1:49:13 | Check-Point nº 5 - 20k: 1:52:36 | Check-Point nº 6 - 20.2k: 1:53:37 |
| Check-Point nº 7 - MM: 1:58:52 | Check-Point nº 8 - 25k: 2:21:28 | Check-Point nº 9 - 25.2k: 2:22:33 |
| Check-Point nº 10 - 30k: 2:50:54 | Check-Point nº 11 - 35k: 3:21:00 | Check-Point nº 12 - 40k: 3:55:23 |
| Check-Point nº 13 - 41.1k: 4:03:28 | | |