



**YOU WILL NEVER RUN ALONE**

Diploma

**ADELINO SOUSA**

Race number: 1506 | Gender: M

Nationality: PORTUGAL

Club:

Place: 971

Age Group: M40

Place Age Group: 166

Time (iliquid): 3:40:21

Pace: 0:05:12

Time (liquid): 3:38:45

Check-Point nº 1 - 5k: 0:27:48

Check-Point nº 2 - 10k: 0:52:54

Check-Point nº 3 - 15k: 1:18:25

Check-Point nº 4 - 19.4k: 1:40:37

Check-Point nº 5 - 20k: 1:43:37

Check-Point nº 6 - 20.2k: 1:44:33

Check-Point nº 7 - MM: 1:49:13

Check-Point nº 8 - 25k: 2:09:01

Check-Point nº 9 - 25.2k: 2:09:53

Check-Point nº 10 - 30k: 2:34:00

Check-Point nº 11 - 35k: 2:59:54

Check-Point nº 12 - 40k: 3:27:52

Check-Point nº 13 - 41.1k: 3:34:52