



**YOU WILL NEVER RUN ALONE**

Diploma

**HÉLDER RIBEIRO**

Race number: 1706 | Gender: M

Nationality: PORTUGAL

Club: CFOD

Place: 2568

Age Group: M45

Place Age Group: 380

Time (iliquid): 4:28:51

Pace: 0:06:23

Time (liquid): 4:28:37

Check-Point nº 1 - 5k: 0:27:21

Check-Point nº 2 - 10k: 0:54:17

Check-Point nº 3 - 15k: 1:21:24

Check-Point nº 4 - 19.4k: 1:45:23

Check-Point nº 5 - 20k: 1:48:43

Check-Point nº 6 - 20.2k: 1:49:39

Check-Point nº 7 - MM: 1:54:44

Check-Point nº 8 - 25k: 2:16:47

Check-Point nº 9 - 25.2k: 2:17:45

Check-Point nº 10 - 30k: 2:45:42

Check-Point nº 11 - 35k: 3:21:37

Check-Point nº 12 - 40k: 4:07:58

Check-Point nº 13 - 41.1k: 4:20:43