



YOU WILL NEVER RUN ALONE

Diploma

SANDRA SILVA

Race number: 1766 | Gender: F
Nationality: PORTUGAL
Club: LLFC

Place: 1984 Age Group: F45 Place Age Group: 36

| | | |
|------------------------------------|----------------------------------|-----------------------------------|
| Time (iliquid): 4:08:35 | Pace: 0:05:54 | Time (liquid): 4:08:23 |
| Check-Point nº 1 - 5k: 0:27:29 | Check-Point nº 2 - 10k: 0:54:16 | Check-Point nº 3 - 15k: 1:21:27 |
| Check-Point nº 4 - 19.4k: 1:45:22 | Check-Point nº 5 - 20k: 1:48:40 | Check-Point nº 6 - 20.2k: 1:49:40 |
| Check-Point nº 7 - MM: 1:54:43 | Check-Point nº 8 - 25k: 2:16:14 | Check-Point nº 9 - 25.2k: 2:17:19 |
| Check-Point nº 10 - 30k: 2:44:51 | Check-Point nº 11 - 35k: 3:19:55 | Check-Point nº 12 - 40k: 3:54:32 |
| Check-Point nº 13 - 41.1k: 4:02:17 | | |