



**YOU WILL NEVER RUN ALONE**

Diploma

**EMANUEL SILVA**

Race number: 1789 | Gender: M

Nationality: PORTUGAL

Club: R4F

Place: 391

Age Group: M40

Place Age Group: 77

Time (iliquid): 3:17:23

Pace: 0:04:41

Time (liquid): 3:17:11

Check-Point nº 1 - 5k: 0:23:22

Check-Point nº 2 - 10k: 0:46:27

Check-Point nº 3 - 15k: 1:09:32

Check-Point nº 4 - 19.4k: 1:30:08

Check-Point nº 5 - 20k: 1:32:54

Check-Point nº 6 - 20.2k: 1:33:52

Check-Point nº 7 - MM: 1:37:55

Check-Point nº 8 - 25k: 1:55:43

Check-Point nº 9 - 25.2k: 1:56:45

Check-Point nº 10 - 30k: 2:18:30

Check-Point nº 11 - 35k: 2:42:10

Check-Point nº 12 - 40k: 3:06:59

Check-Point nº 13 - 41.1k: 3:12:32