



YOU WILL NEVER RUN ALONE

Diploma

CARLOS ESPOGEIRA

Race number: 6855 | Gender: M
Nationality: PORTUGAL
Club: LAMBRETAS RUNNERS

Place: 3562 Age Group: M20 Place Age Group: 763

Time (iliquid): 5:28:29	Pace: 0:07:44	Time (liquid): 5:24:53
Check-Point nº 1 - 5k: 0:36:48	Check-Point nº 2 - 10k: 1:09:28	Check-Point nº 3 - 15k: 1:43:00
Check-Point nº 4 - 19.4k: 2:12:26	Check-Point nº 5 - 20k: 2:16:28	Check-Point nº 6 - 20.2k: 2:17:51
Check-Point nº 7 - MM: 2:24:19	Check-Point nº 8 - 25k: 2:52:11	Check-Point nº 9 - 25.2k: 2:53:59
Check-Point nº 10 - 30k: 3:34:24	Check-Point nº 11 - 35k: 4:22:41	Check-Point nº 12 - 40k: 5:10:59
Check-Point nº 13 - 41.1k: 5:21:30		