



**YOU WILL NEVER RUN ALONE**

Diploma

**ANTÓNIO ROCHA**

Race number: 1623 | Gender: M  
Nationality: PORTUGAL  
Club: RUNRIVER

Place: 1485      Age Group: M45      Place Age Group: 238

Time (iliquid): 3:54:39	Pace: 0:05:35	Time (liquid): 3:54:31
Check-Point nº 1 - 5k: 0:25:58	Check-Point nº 2 - 10k: 0:51:30	Check-Point nº 3 - 15k: 1:18:01
Check-Point nº 4 - 19.4k: 1:41:31	Check-Point nº 5 - 20k: 1:44:44	Check-Point nº 6 - 20.2k: 1:45:39
Check-Point nº 7 - MM: 1:50:45	Check-Point nº 8 - 25k: 2:12:28	Check-Point nº 9 - 25.2k: 2:13:25
Check-Point nº 10 - 30k: 2:41:17	Check-Point nº 11 - 35k: 3:10:50	Check-Point nº 12 - 40k: 3:41:18
Check-Point nº 13 - 41.1k: 3:48:27		