



MARATONA DE PORTUGAL

Porto.



edp

18ª Maratona do Porto

• 06 NOV 2022 •



maratonadoporto.com

Diploma

HELDER SILVA

Race number: 258 | Gender: M

Nationality: PORTUGAL

Club: ASPHALT ASSAULT TEAM

Place: 326

Age Group: M35

Place Age Group: 70

Time (iliquid): 3:16:00

Pace: 0:04:39

Time (liquid): 3:15:57

Check-Point nº 1 - 10K: 0:40:29

Check-Point nº 2 - 19.4K: 1:19:34

Check-Point nº 3 - 20K: 1:22:09

Check-Point nº 4 - 20.2K: 1:22:53

Check-Point nº 5 - MM: 1:26:25

Check-Point nº 6 - 30K: 2:09:38

Check-Point nº 7 - 40K: 3:05:00

Check-Point nº 8 - 41.1K: 3:11:10

