



MARATONA DE PORTUGAL



18ª Maratona do Porto

• 06 NOV 2022 •



maratonadoporto.com



Diploma

JOÃO CRUZ

Race number: 1158 | Gender: M

Nationality: PORTUGAL

Club: LACTOGAL - LACTOGAL - RUNCRUZ

Place: 584

Age Group: M50

Place Age Group: 69

Time (iliquid): 3:29:36

Pace: 0:04:58

Time (liquid): 3:28:44

Check-Point nº 1 - 10K: 0:50:33

Check-Point nº 2 - 19.4K: 1:36:00

Check-Point nº 3 - 20K: 1:38:56

Check-Point nº 4 - 20.2K: 1:39:47

Check-Point nº 5 - MM: 1:43:49

Check-Point nº 6 - 30K: 2:28:14

Check-Point nº 7 - 40K: 3:18:42

Check-Point nº 8 - 41.1K: 3:24:28

