



YOU WILL NEVER RUN ALONE

Diploma

HELENA DIAS

Race number: 2515 | Gender: F

Nationality: PORTUGAL

Club: BUDEGUITA RUNNERS

Place: 1294

Age Group: F50

Place Age Group: 17

Time (iliquid): 3:48:41

Pace: 0:05:25

Time (liquid): 3:47:36

Check-Point nº 1 - 5k: 0:26:41

Check-Point nº 2 - 10k: 0:52:23

Check-Point nº 3 - 15k: 1:17:53

Check-Point nº 4 - 19.4k: 1:40:17

Check-Point nº 5 - 20k: 1:43:21

Check-Point nº 6 - 20.2k: 1:44:15

Check-Point nº 7 - MM: 1:49:01

Check-Point nº 8 - 25k: 2:09:22

Check-Point nº 9 - 25.2k: 2:10:19

Check-Point nº 10 - 30k: 2:36:01

Check-Point nº 11 - 35k: 3:04:28

Check-Point nº 12 - 40k: 3:34:52

Check-Point nº 13 - 41.1k: 3:42:14

