



YOU WILL NEVER RUN ALONE

Diploma

ARMINDA DIAS

Race number: 5540 | Gender: F

Nationality: PORTUGAL

Club:

Place: 3192

Age Group: F50

Place Age Group: 76

Time (iliquid): 4:53:59

Pace: 0:06:55

Time (liquid): 4:51:00

Check-Point nº 1 - 5k: 0:34:35

Check-Point nº 2 - 10k: 1:05:26

Check-Point nº 3 - 15k: 1:36:51

Check-Point nº 4 - 19.4k: 2:04:28

Check-Point nº 5 - 20k: 2:08:08

Check-Point nº 6 - 20.2k: 2:09:46

Check-Point nº 7 - MM: 2:15:39

Check-Point nº 8 - 25k: 2:43:34

Check-Point nº 9 - 25.2k: 2:45:23

Check-Point nº 10 - 30k: 3:19:56

Check-Point nº 11 - 35k: 3:58:52

Check-Point nº 12 - 40k: 4:38:06

Check-Point nº 13 - 41.1k: 4:46:46

