



YOU WILL NEVER RUN ALONE

Diploma

MANUEL CARLOS COSTA MARTINS

Race number: 772 | Gender: M

Nationality: PORTUGAL

Club:

Place: 1906

Age Group: M45

Place Age Group: 295

Time (iliquid): 4:05:30

Pace: 0:05:50

Time (liquid): 4:05:02

Check-Point nº 1 - 5k: 0:24:54

Check-Point nº 2 - 10k: 0:49:57

Check-Point nº 3 - 15k: 1:16:30

Check-Point nº 4 - 19.4k: 1:41:26

Check-Point nº 5 - 20k: 1:45:52

Check-Point nº 6 - 20.2k: 1:47:26

Check-Point nº 7 - MM: 1:53:07

Check-Point nº 8 - 25k: 2:14:58

Check-Point nº 9 - 25.2k: 2:17:35

Check-Point nº 10 - 30k: 2:46:15

Check-Point nº 11 - 35k: 3:18:32

Check-Point nº 12 - 40k: 3:51:03

Check-Point nº 13 - 41.1k: 3:58:56

