



YOU WILL NEVER RUN ALONE

Diploma

JOSÉ AMARO

Race number: 2793 | Gender: M
Nationality: PORTUGAL
Club: LIZ RUNNERS

Place: 1905 Age Group: M45 Place Age Group: 296

Time (iliquid): 4:05:33	Pace: 0:05:46	Time (liquid): 4:02:43
Check-Point nº 1 - 5k: 0:28:59	Check-Point nº 2 - 10k: 0:55:30	Check-Point nº 3 - 15k: 1:21:42
Check-Point nº 4 - 19.4k: 1:44:59	Check-Point nº 5 - 20k: 1:48:15	Check-Point nº 6 - 20.2k: 1:49:20
Check-Point nº 7 - MM: 1:54:15	Check-Point nº 8 - 25k: 2:15:17	Check-Point nº 9 - 25.2k: 2:16:52
Check-Point nº 10 - 30k: 2:44:15	Check-Point nº 11 - 35k: 3:15:12	Check-Point nº 12 - 40k: 3:47:54
Check-Point nº 13 - 41.1k: 3:57:47		