



YOU WILL NEVER RUN ALONE

## Diploma

# JOÃO MONTEIRO

Race number: 1130 | Gender: M

Nationality: PORTUGAL

Club:

Place: 678

Age Group: M20

Place Age Group: 157

Time (iliquid): 3:30:18

Pace: 0:04:59

Time (liquid): 3:29:53

Check-Point nº 1 - 5k: 0:23:24

Check-Point nº 2 - 10k: 0:46:28

Check-Point nº 3 - 15k: 1:09:33

Check-Point nº 4 - 19.4k: 1:30:06

Check-Point nº 5 - 20k: 1:32:55

Check-Point nº 6 - 20.2k: 1:33:43

Check-Point nº 7 - MM: 1:37:58

Check-Point nº 8 - 25k: 1:55:47

Check-Point nº 9 - 25.2k: 1:56:40

Check-Point nº 10 - 30k: 2:19:22

Check-Point nº 11 - 35k: 2:46:22

Check-Point nº 12 - 40k: 3:17:40

Check-Point nº 13 - 41.1k: 3:24:49