



**YOU WILL NEVER RUN ALONE**

Diploma

**FRÉDÉRIC AVRIL**

Race number: 1104 | Gender: M

Nationality: FRANCE

Club:

Place: 311

Age Group: M45

Place Age Group: 54

Time (iliquid): 3:13:05

Pace: 0:04:35

Time (liquid): 3:12:59

Check-Point nº 1 - 5k: 0:21:05

Check-Point nº 2 - 10k: 0:41:50

Check-Point nº 3 - 15k: 1:02:54

Check-Point nº 4 - 19.4k: 1:21:39

Check-Point nº 5 - 20k: 1:24:13

Check-Point nº 6 - 20.2k: 1:24:57

Check-Point nº 7 - MM: 1:28:55

Check-Point nº 8 - 25k: 1:46:05

Check-Point nº 9 - 25.2k: 1:46:48

Check-Point nº 10 - 30k: 2:08:23

Check-Point nº 11 - 35k: 2:32:21

Check-Point nº 12 - 40k: 3:00:09

Check-Point nº 13 - 41.1k: 3:07:16