



**YOU WILL NEVER RUN ALONE**

Diploma

**PAULO ALPUIM**

Race number: 3469 | Gender: M

Nationality: PORTUGAL

Club:

Place: 2188

Age Group: M20

Place Age Group: 487

Time (iliquid): 4:16:31

Pace: 0:06:04

Time (liquid): 4:15:13

Check-Point nº 1 - 5k: 0:29:04

Check-Point nº 2 - 10k: 0:55:59

Check-Point nº 3 - 15k: 1:23:11

Check-Point nº 4 - 19.4k: 1:46:54

Check-Point nº 5 - 20k: 1:50:11

Check-Point nº 6 - 20.2k: 1:51:15

Check-Point nº 7 - MM: 1:56:19

Check-Point nº 8 - 25k: 2:18:24

Check-Point nº 9 - 25.2k: 2:19:40

Check-Point nº 10 - 30k: 2:48:45

Check-Point nº 11 - 35k: 3:24:07

Check-Point nº 12 - 40k: 4:02:32

Check-Point nº 13 - 41.1k: 4:10:16