



**YOU WILL NEVER RUN ALONE**

Diploma

**JOÃO POÇAS**

Race number: 3745 | Gender: M

Nationality: PORTUGAL

Club: SUPER BOCK GROUP - SUPER BOCK GROUP -

Place: 1811

Age Group: M45

Place Age Group: 283

Time (iliquid): 4:02:19

Pace: 0:05:45

Time (liquid): 4:01:35

Check-Point nº 1 - 5k: 0:28:05

Check-Point nº 2 - 10k: 0:55:19

Check-Point nº 3 - 15k: 1:22:48

Check-Point nº 4 - 19.4k: 1:47:07

Check-Point nº 5 - 20k: 1:50:27

Check-Point nº 6 - 20.2k: 1:51:26

Check-Point nº 7 - MM: 1:56:41

Check-Point nº 8 - 25k: 2:18:53

Check-Point nº 9 - 25.2k: 2:19:53

Check-Point nº 10 - 30k: 2:47:43

Check-Point nº 11 - 35k: 3:17:18

Check-Point nº 12 - 40k: 3:49:41

Check-Point nº 13 - 41.1k: 3:56:45