



YOU WILL NEVER RUN ALONE

## Diploma

# EMANUEL FREITAS

Race number: 1385 | Gender: M

Nationality: PORTUGAL

Club: EDP C

Place: 513

Age Group: M40

Place Age Group: 106

Time (iliquid): 3:23:35

Pace: 0:04:49

Time (liquid): 3:22:37

Check-Point nº 1 - 5k: 0:24:32

Check-Point nº 2 - 10k: 0:47:35

Check-Point nº 3 - 15k: 1:10:58

Check-Point nº 4 - 19.4k: 1:31:25

Check-Point nº 5 - 20k: 1:34:11

Check-Point nº 6 - 20.2k: 1:35:02

Check-Point nº 7 - MM: 1:39:20

Check-Point nº 8 - 25k: 1:57:40

Check-Point nº 9 - 25.2k: 1:58:31

Check-Point nº 10 - 30k: 2:22:03

Check-Point nº 11 - 35k: 2:46:20

Check-Point nº 12 - 40k: 3:12:06

Check-Point nº 13 - 41.1k: 3:18:30

