



YOU WILL NEVER RUN ALONE

Diploma

HELDER SILVA

Race number: 3770 | Gender: M

Nationality: PORTUGAL

Club: LACTOGAL - LACTOGAL - SC COIMBROES/ EQUIPA A

Place: 1785

Age Group: M20

Place Age Group: 412

Time (iliquid): 4:01:33

Pace: 0:05:42

Time (liquid): 3:59:54

Check-Point nº 1 - 5k: 0:28:51

Check-Point nº 2 - 10k: 0:54:17

Check-Point nº 3 - 15k: 1:19:22

Check-Point nº 4 - 19.4k: 1:41:17

Check-Point nº 5 - 20k: 1:44:23

Check-Point nº 6 - 20.2k: 1:45:15

Check-Point nº 7 - MM: 1:49:57

Check-Point nº 8 - 25k: 2:10:15

Check-Point nº 9 - 25.2k: 2:11:12

Check-Point nº 10 - 30k: 2:36:35

Check-Point nº 11 - 35k: 3:12:33

Check-Point nº 12 - 40k: 3:45:59

Check-Point nº 13 - 41.1k: 3:55:08