



YOU WILL NEVER RUN ALONE

Diploma

NELSON FONSECA

Race number: 1647 | Gender: M
Nationality: PORTUGAL
Club: ADPALM

Place: 135 Age Group: M45 Place Age Group: 23

Time (iliquid): 2:58:25	Pace: 0:04:14	Time (liquid): 2:58:17
Check-Point nº 1 - 5k: 0:21:18	Check-Point nº 2 - 10k: 0:42:43	Check-Point nº 3 - 15k: 1:03:56
Check-Point nº 4 - 19.4k: 1:22:48	Check-Point nº 5 - 20k: 1:25:24	Check-Point nº 6 - 20.2k: 1:26:07
Check-Point nº 7 - MM: 1:30:01	Check-Point nº 8 - 25k: 1:46:49	Check-Point nº 9 - 25.2k: 1:47:37
Check-Point nº 10 - 30k: 2:08:04	Check-Point nº 11 - 35k: 2:28:47	Check-Point nº 12 - 40k: 2:49:55
Check-Point nº 13 - 41.1k: 2:54:27		