



**YOU WILL NEVER RUN ALONE**

Diploma

**RYSZARD SIWAK**

Race number: 1519 | Gender: M

Nationality: POLAND

Club:

Place: 689

Age Group: M45

Place Age Group: 115

Time (iliquid): 3:30:35

Pace: 0:05:00

Time (liquid): 3:30:21

Check-Point nº 1 - 5k: 0:23:56

Check-Point nº 2 - 10k: 0:47:02

Check-Point nº 3 - 15k: 1:10:12

Check-Point nº 4 - 19.4k: 1:30:34

Check-Point nº 5 - 20k: 1:33:21

Check-Point nº 6 - 20.2k: 1:34:10

Check-Point nº 7 - MM: 1:38:20

Check-Point nº 8 - 25k: 1:56:14

Check-Point nº 9 - 25.2k: 1:57:01

Check-Point nº 10 - 30k: 2:19:41

Check-Point nº 11 - 35k: 2:44:47

Check-Point nº 12 - 40k: 3:17:07

Check-Point nº 13 - 41.1k: 3:24:50