



YOU WILL NEVER RUN ALONE

Diploma

JOÃO MANUEL SOUSA

Race number: 1730 | Gender: M
Nationality: PORTUGAL
Club: EDL

Place: 375 Age Group: M35 Place Age Group: 60

Time (iliquid): 3:16:14	Pace: 0:04:40	Time (liquid): 3:16:06
Check-Point nº 1 - 5k: 0:21:44	Check-Point nº 2 - 10k: 0:43:08	Check-Point nº 3 - 15k: 1:04:23
Check-Point nº 4 - 19.4k: 1:23:03	Check-Point nº 5 - 20k: 1:25:40	Check-Point nº 6 - 20.2k: 1:26:28
Check-Point nº 7 - MM: 1:30:37	Check-Point nº 8 - 25k: 1:48:28	Check-Point nº 9 - 25.2k: 1:49:15
Check-Point nº 10 - 30k: 2:11:50	Check-Point nº 11 - 35k: 2:36:01	Check-Point nº 12 - 40k: 3:03:14
Check-Point nº 13 - 41.1k: 3:09:56		