



YOU WILL NEVER RUN ALONE

Diploma

CONCEIÇÃO SILVA

Race number: 5530 | Gender: F

Nationality: PORTUGAL

Club: QF TEAM

Place: 2667

Age Group: F40

Place Age Group: 67

Time (iliquid): 4:32:22

Pace: 0:06:23

Time (liquid): 4:28:43

Check-Point nº 1 - 5k: 0:33:13

Check-Point nº 2 - 10k: 1:01:39

Check-Point nº 3 - 15k: 1:30:45

Check-Point nº 4 - 19.4k: 1:56:23

Check-Point nº 5 - 20k: 2:00:00

Check-Point nº 6 - 20.2k: 2:01:17

Check-Point nº 7 - MM: 2:06:42

Check-Point nº 8 - 25k: 2:30:34

Check-Point nº 9 - 25.2k: 2:32:20

Check-Point nº 10 - 30k: 3:03:09

Check-Point nº 11 - 35k: 3:36:35

Check-Point nº 12 - 40k: 4:15:24

Check-Point nº 13 - 41.1k: 4:25:05

