



YOU WILL NEVER RUN ALONE

Diploma

PAULO AMARO

Race number: 600 | Gender: M
Nationality: PORTUGAL
Club: PELAESTRADAFORA

Place: 930 Age Group: M50 Place Age Group: 116

Time (iliquid): 3:38:53	Pace: 0:05:12	Time (liquid): 3:38:24
Check-Point nº 1 - 5k: 0:24:56	Check-Point nº 2 - 10k: 0:49:53	Check-Point nº 3 - 15k: 1:14:35
Check-Point nº 4 - 19.4k: 1:36:29	Check-Point nº 5 - 20k: 1:39:31	Check-Point nº 6 - 20.2k: 1:40:28
Check-Point nº 7 - MM: 1:45:05	Check-Point nº 8 - 25k: 2:05:01	Check-Point nº 9 - 25.2k: 2:05:57
Check-Point nº 10 - 30k: 2:31:08	Check-Point nº 11 - 35k: 2:58:06	Check-Point nº 12 - 40k: 3:26:46
Check-Point nº 13 - 41.1k: 3:33:29		