



**YOU WILL NEVER RUN ALONE**

Diploma

**RAUL SEABRA**

Race number: 2694 | Gender: M

Nationality: PORTUGAL

Club:

Place: 3649

Age Group: M45

Place Age Group: 489

Time (iliquid): 5:41:31

Pace: 0:08:05

Time (liquid): 5:39:56

Check-Point nº 1 - 5k: 0:29:02

Check-Point nº 2 - 10k: 0:57:22

Check-Point nº 3 - 15k: 1:30:54

Check-Point nº 4 - 19.4k: 2:05:53

Check-Point nº 5 - 20k: 2:09:56

Check-Point nº 6 - 20.2k: 2:11:44

Check-Point nº 7 - MM: 2:19:05

Check-Point nº 8 - 25k: 2:52:43

Check-Point nº 9 - 25.2k: 2:54:36

Check-Point nº 10 - 30k: 3:40:48

Check-Point nº 11 - 35k: 4:30:15

Check-Point nº 12 - 40k: 5:22:55

Check-Point nº 13 - 41.1k: 5:33:49