



YOU WILL NEVER RUN ALONE

Diploma

RUBEN COSTA

Race number: 816 | Gender: M

Nationality: PORTUGAL

Club:

Place: 1059

Age Group: M40

Place Age Group: 180

Time (iliquid): 3:42:49

Pace: 0:05:17

Time (liquid): 3:42:22

Check-Point nº 1 - 5k: 0:24:23

Check-Point nº 2 - 10k: 0:48:16

Check-Point nº 3 - 15k: 1:12:11

Check-Point nº 4 - 19.4k: 1:33:24

Check-Point nº 5 - 20k: 1:36:20

Check-Point nº 6 - 20.2k: 1:37:09

Check-Point nº 7 - MM: 1:41:41

Check-Point nº 8 - 25k: 2:00:52

Check-Point nº 9 - 25.2k: 2:01:41

Check-Point nº 10 - 30k: 2:25:56

Check-Point nº 11 - 35k: 2:53:45

Check-Point nº 12 - 40k: 3:29:28

Check-Point nº 13 - 41.1k: 3:37:04