



YOU WILL NEVER RUN ALONE

Diploma

NELSON LAPAS

Race number: 914 | Gender: M
Nationality: PORTUGAL
Club: ARSC TOLEDO

Place: 719 Age Group: M40 Place Age Group: 135

Time (iliquid): 3:31:38	Pace: 0:05:01	Time (liquid): 3:31:20
Check-Point nº 1 - 5k: 0:22:15	Check-Point nº 2 - 10k: 0:44:00	Check-Point nº 3 - 15k: 1:05:23
Check-Point nº 4 - 19.4k: 1:24:17	Check-Point nº 5 - 20k: 1:26:51	Check-Point nº 6 - 20.2k: 1:27:35
Check-Point nº 7 - MM: 1:31:34	Check-Point nº 8 - 25k: 1:49:43	Check-Point nº 9 - 25.2k: 1:50:34
Check-Point nº 10 - 30k: 2:17:26	Check-Point nº 11 - 35k: 2:46:16	Check-Point nº 12 - 40k: 3:19:41
Check-Point nº 13 - 41.1k: 3:26:04		