



YOU WILL NEVER RUN ALONE

Diploma

HELENA TELES

Race number: 6449 | Gender: F
Nationality: PORTUGAL
Club: TTOT

Place: 3720 Age Group: F40 Place Age Group: 117

Time (iliquid): 5:52:10	Pace: 0:08:18	Time (liquid): 5:49:01
Check-Point nº 1 - 5k: 0:33:46	Check-Point nº 2 - 10k: 1:05:04	Check-Point nº 3 - 15k: 1:39:29
Check-Point nº 4 - 19.4k: 2:12:47	Check-Point nº 5 - 20k: 2:17:33	Check-Point nº 6 - 20.2k: 2:19:08
Check-Point nº 7 - MM: 2:26:36	Check-Point nº 8 - 25k: 3:00:38	Check-Point nº 9 - 25.2k: 3:02:13
Check-Point nº 10 - 30k: 3:49:04	Check-Point nº 11 - 35k: 4:38:39	Check-Point nº 12 - 40k: 5:31:58
Check-Point nº 13 - 41.1k: 5:44:12		