



YOU WILL NEVER RUN ALONE

Diploma

JOÃO BETTENCOURT

Race number: 6411 | Gender: M
Nationality: PORTUGAL
Club: RUN 4 FUN

Place: 3311 Age Group: M40 Place Age Group: 429

| | | |
|------------------------------------|----------------------------------|-----------------------------------|
| Time (iliquid): 5:01:22 | Pace: 0:07:06 | Time (liquid): 4:58:42 |
| Check-Point nº 1 - 5k: 0:31:16 | Check-Point nº 2 - 10k: 0:58:53 | Check-Point nº 3 - 15k: 1:29:49 |
| Check-Point nº 4 - 19.4k: 1:59:20 | Check-Point nº 5 - 20k: 2:03:53 | Check-Point nº 6 - 20.2k: 2:06:27 |
| Check-Point nº 7 - MM: 2:13:17 | Check-Point nº 8 - 25k: 2:43:13 | Check-Point nº 9 - 25.2k: 2:45:17 |
| Check-Point nº 10 - 30k: 3:21:57 | Check-Point nº 11 - 35k: 4:02:33 | Check-Point nº 12 - 40k: 4:44:21 |
| Check-Point nº 13 - 41.1k: 4:53:41 | | |