



YOU WILL NEVER RUN ALONE

Diploma

JOSÉ FERREIRA

Race number: 3556 | Gender: M

Nationality: PORTUGAL

Club:

Place: 958

Age Group: M55

Place Age Group: 50

Time (iliquid): 3:39:50

Pace: 0:05:12

Time (liquid): 3:39:04

Check-Point nº 1 - 5k: 0:24:22

Check-Point nº 2 - 10k: 0:48:09

Check-Point nº 3 - 15k: 1:12:07

Check-Point nº 4 - 19.4k: 1:33:41

Check-Point nº 5 - 20k: 1:36:41

Check-Point nº 6 - 20.2k: 1:37:34

Check-Point nº 7 - MM: 1:42:11

Check-Point nº 8 - 25k: 2:01:58

Check-Point nº 9 - 25.2k: 2:02:55

Check-Point nº 10 - 30k: 2:28:19

Check-Point nº 11 - 35k: 2:55:53

Check-Point nº 12 - 40k: 3:27:41

Check-Point nº 13 - 41.1k: 3:34:07