



**YOU WILL NEVER RUN ALONE**

Diploma

**JACINTO BASTOS**

Race number: 1250 | Gender: M  
Nationality: PORTUGAL  
Club: LUANDA RUNNERS

Place: 588      Age Group: M55      Place Age Group: 30

Time (iliquid): 3:27:07	Pace: 0:04:55	Time (liquid): 3:26:38
Check-Point nº 1 - 5k: 0:23:25	Check-Point nº 2 - 10k: 0:45:51	Check-Point nº 3 - 15k: 1:09:19
Check-Point nº 4 - 19.4k: 1:30:17	Check-Point nº 5 - 20k: 1:33:13	Check-Point nº 6 - 20.2k: 1:34:04
Check-Point nº 7 - MM: 1:38:37	Check-Point nº 8 - 25k: 1:58:33	Check-Point nº 9 - 25.2k: 1:59:25
Check-Point nº 10 - 30k: 2:24:36	Check-Point nº 11 - 35k: 2:50:07	Check-Point nº 12 - 40k: 3:15:59
Check-Point nº 13 - 41.1k: 3:21:53		