



YOU WILL NEVER RUN ALONE

Diploma

PAULO COSTA

Race number: 1459 | Gender: M
Nationality: PORTUGAL
Club: EDP C

Place: 452 Age Group: M50 Place Age Group: 59

Time (iliquid): 3:20:28	Pace: 0:04:45	Time (liquid): 3:20:02
Check-Point nº 1 - 5k: 0:24:52	Check-Point nº 2 - 10k: 0:48:49	Check-Point nº 3 - 15k: 1:12:32
Check-Point nº 4 - 19.4k: 1:33:32	Check-Point nº 5 - 20k: 1:36:21	Check-Point nº 6 - 20.2k: 1:37:11
Check-Point nº 7 - MM: 1:41:29	Check-Point nº 8 - 25k: 2:00:11	Check-Point nº 9 - 25.2k: 2:01:02
Check-Point nº 10 - 30k: 2:23:55	Check-Point nº 11 - 35k: 2:46:55	Check-Point nº 12 - 40k: 3:09:39
Check-Point nº 13 - 41.1k: 3:15:30		