



**YOU WILL NEVER RUN ALONE**

Diploma

**MANUEL BESSA**

Race number: 1507 | Gender: M

Nationality: PORTUGAL

Club:

Place: 1185

Age Group: M45

Place Age Group: 193

Time (iliquid): 3:45:28

Pace: 0:05:22

Time (liquid): 3:45:25

Check-Point nº 1 - 5k: 0:19:55

Check-Point nº 2 - 10k: 0:39:27

Check-Point nº 3 - 15k: 0:59:08

Check-Point nº 4 - 19.4k: 1:16:38

Check-Point nº 5 - 20k: 1:19:03

Check-Point nº 6 - 20.2k: 1:19:45

Check-Point nº 7 - MM: 1:23:35

Check-Point nº 8 - 25k: 1:40:45

Check-Point nº 9 - 25.2k: 1:41:30

Check-Point nº 10 - 30k: 2:04:26

Check-Point nº 11 - 35k: 2:28:10

Check-Point nº 12 - 40k: 3:22:44

Check-Point nº 13 - 41.1k: 3:35:46