



YOU WILL NEVER RUN ALONE

Diploma

NELSON SOUSA

Race number: 5503 | Gender: M

Nationality: PORTUGAL

Club:

Place: 3489

Age Group: M45

Place Age Group: 473

Time (iliquid): 5:18:58

Pace: 0:07:32

Time (liquid): 5:16:26

Check-Point nº 1 - 5k: 0:32:03

Check-Point nº 2 - 10k: 1:01:41

Check-Point nº 3 - 15k: 1:32:10

Check-Point nº 4 - 19.4k: 2:01:37

Check-Point nº 5 - 20k: 2:05:41

Check-Point nº 6 - 20.2k: 2:07:03

Check-Point nº 7 - MM: 2:13:25

Check-Point nº 8 - 25k: 2:41:08

Check-Point nº 9 - 25.2k: 2:42:30

Check-Point nº 10 - 30k: 3:21:19

Check-Point nº 11 - 35k: 4:05:35

Check-Point nº 12 - 40k: 4:59:40

Check-Point nº 13 - 41.1k: 5:10:18