



YOU WILL NEVER RUN ALONE

Diploma

HELENA DIAS

Race number: 2515 | Gender: F
Nationality: PORTUGAL
Club: BUDEGUITA RUNNERS

Place: 1294 Age Group: F50 Place Age Group: 17

Time (iliquid): 3:48:41	Pace: 0:05:25	Time (liquid): 3:47:36
Check-Point nº 1 - 5k: 0:26:41	Check-Point nº 2 - 10k: 0:52:23	Check-Point nº 3 - 15k: 1:17:53
Check-Point nº 4 - 19.4k: 1:40:17	Check-Point nº 5 - 20k: 1:43:21	Check-Point nº 6 - 20.2k: 1:44:15
Check-Point nº 7 - MM: 1:49:01	Check-Point nº 8 - 25k: 2:09:22	Check-Point nº 9 - 25.2k: 2:10:19
Check-Point nº 10 - 30k: 2:36:01	Check-Point nº 11 - 35k: 3:04:28	Check-Point nº 12 - 40k: 3:34:52
Check-Point nº 13 - 41.1k: 3:42:14		