



YOU WILL NEVER RUN ALONE

Diploma

PAULO LARA

Race number: 2859 | Gender: M
Nationality: PORTUGAL
Club: BOAVISTA TRAIL

Place: 2760 Age Group: M50 Place Age Group: 341

Time (iliquid): 4:35:46	Pace: 0:06:32	Time (liquid): 4:34:40
Check-Point nº 1 - 5k: 0:27:58	Check-Point nº 2 - 10k: 0:55:20	Check-Point nº 3 - 15k: 1:23:48
Check-Point nº 4 - 19.4k: 1:49:44	Check-Point nº 5 - 20k: 1:53:19	Check-Point nº 6 - 20.2k: 1:54:25
Check-Point nº 7 - MM: 2:00:02	Check-Point nº 8 - 25k: 2:24:48	Check-Point nº 9 - 25.2k: 2:26:18
Check-Point nº 10 - 30k: 3:00:17	Check-Point nº 11 - 35k: 3:38:26	Check-Point nº 12 - 40k: 4:17:55
Check-Point nº 13 - 41.1k: 4:27:51		