



YOU WILL NEVER RUN ALONE

Diploma

MANUEL MENDES

Race number: 2617 | Gender: M
Nationality: PORTUGAL
Club: CENTRAL RUNNERS

Place: 2111 Age Group: M55 Place Age Group: 117

Time (iliquid): 4:13:33	Pace: 0:06:00	Time (liquid): 4:12:25
Check-Point nº 1 - 5k: 0:28:52	Check-Point nº 2 - 10k: 0:55:58	Check-Point nº 3 - 15k: 1:23:35
Check-Point nº 4 - 19.4k: 1:47:59	Check-Point nº 5 - 20k: 1:51:24	Check-Point nº 6 - 20.2k: 1:52:36
Check-Point nº 7 - MM: 1:58:33	Check-Point nº 8 - 25k: 2:22:02	Check-Point nº 9 - 25.2k: 2:23:49
Check-Point nº 10 - 30k: 2:52:45	Check-Point nº 11 - 35k: 3:24:52	Check-Point nº 12 - 40k: 3:57:55
Check-Point nº 13 - 41.1k: 4:06:38		