



**YOU WILL NEVER RUN ALONE**

Diploma

**CARLOS FERREIRA**

Race number: 633 | Gender: M  
Nationality: PORTUGAL  
Club: F C PENAFIEL

Place: 2668      Age Group: M45      Place Age Group: 390

Time (iliquid): 4:32:35	Pace: 0:06:26	Time (liquid): 4:30:51
Check-Point nº 1 - 5k: 0:30:19	Check-Point nº 2 - 10k: 0:58:13	Check-Point nº 3 - 15k: 1:25:58
Check-Point nº 4 - 19.4k: 1:50:17	Check-Point nº 5 - 20k: 1:53:40	Check-Point nº 6 - 20.2k: 1:54:46
Check-Point nº 7 - MM: 1:59:59	Check-Point nº 8 - 25k: 2:21:59	Check-Point nº 9 - 25.2k: 2:23:42
Check-Point nº 10 - 30k: 2:52:24	Check-Point nº 11 - 35k: 3:36:54	Check-Point nº 12 - 40k: 4:18:05
Check-Point nº 13 - 41.1k: 4:25:32		