



**YOU WILL NEVER RUN ALONE**

Diploma

**ADOLFO FERREIRA**

Race number: 2902 | Gender: M

Nationality: PORTUGAL

Club: ATC

Place: 2830

Age Group: M55

Place Age Group: 166

Time (iliquid): 4:38:21

Pace: 0:06:34

Time (liquid): 4:35:48

Check-Point nº 1 - 5k: 0:33:28

Check-Point nº 2 - 10k: 1:01:55

Check-Point nº 3 - 15k: 1:28:16

Check-Point nº 4 - 19.4k: 1:52:19

Check-Point nº 5 - 20k: 1:55:43

Check-Point nº 6 - 20.2k: 1:56:55

Check-Point nº 7 - MM: 2:02:09

Check-Point nº 8 - 25k: 2:24:40

Check-Point nº 9 - 25.2k: 2:25:49

Check-Point nº 10 - 30k: 2:57:03

Check-Point nº 11 - 35k: 3:33:02

Check-Point nº 12 - 40k: 4:22:14

Check-Point nº 13 - 41.1k: 4:32:29