



YOU WILL NEVER RUN ALONE

Diploma

MANUEL MONTEIRO

Race number: 5842 | Gender: M
Nationality: PORTUGAL
Club: M&M

Place: 729 Age Group: M20 Place Age Group: 172

Time (iliquid): 3:31:52	Pace: 0:04:59	Time (liquid): 3:29:51
Check-Point nº 1 - 5k: 0:26:36	Check-Point nº 2 - 10k: 0:50:23	Check-Point nº 3 - 15k: 1:14:11
Check-Point nº 4 - 19.4k: 1:34:49	Check-Point nº 5 - 20k: 1:37:37	Check-Point nº 6 - 20.2k: 1:38:27
Check-Point nº 7 - MM: 1:42:47	Check-Point nº 8 - 25k: 2:01:28	Check-Point nº 9 - 25.2k: 2:02:17
Check-Point nº 10 - 30k: 2:25:48	Check-Point nº 11 - 35k: 2:50:50	Check-Point nº 12 - 40k: 3:20:09
Check-Point nº 13 - 41.1k: 3:26:34		