



**YOU WILL NEVER RUN ALONE**

Diploma

**HELENA GOMES**

Race number: 2956 | Gender: F  
Nationality: PORTUGAL  
Club: ATC

Place: 3378      Age Group: F50      Place Age Group: 89

Time (iliquid): 5:07:43	Pace: 0:07:15	Time (liquid): 5:05:09
Check-Point nº 1 - 5k: 0:34:40	Check-Point nº 2 - 10k: 1:06:45	Check-Point nº 3 - 15k: 1:42:39
Check-Point nº 4 - 19.4k: 2:12:08	Check-Point nº 5 - 20k: 2:16:19	Check-Point nº 6 - 20.2k: 2:17:49
Check-Point nº 7 - MM: 2:23:59	Check-Point nº 8 - 25k: 2:51:02	Check-Point nº 9 - 25.2k: 2:52:44
Check-Point nº 10 - 30k: 3:26:49	Check-Point nº 11 - 35k: 4:06:45	Check-Point nº 12 - 40k: 4:50:07
Check-Point nº 13 - 41.1k: 5:00:00		