



YOU WILL NEVER RUN ALONE

Diploma

MANUEL FERREIRA

Race number: 842 | Gender: M
Nationality: PORTUGAL
Club: MSS GRUPO DESPORTIVO DE GONDOMAR

Place: 1299 Age Group: M50 Place Age Group: 158

Time (iliquid): 3:48:51	Pace: 0:05:26	Time (liquid): 3:48:40
Check-Point nº 1 - 5k: 0:23:10	Check-Point nº 2 - 10k: 0:46:24	Check-Point nº 3 - 15k: 1:09:29
Check-Point nº 4 - 19.4k: 1:30:40	Check-Point nº 5 - 20k: 1:33:44	Check-Point nº 6 - 20.2k: 1:34:38
Check-Point nº 7 - MM: 1:39:22	Check-Point nº 8 - 25k: 2:00:19	Check-Point nº 9 - 25.2k: 2:01:17
Check-Point nº 10 - 30k: 2:27:15	Check-Point nº 11 - 35k: 2:57:10	Check-Point nº 12 - 40k: 3:34:13
Check-Point nº 13 - 41.1k: 3:42:01		