



YOU WILL NEVER RUN ALONE

Diploma

HÉLDER RIBEIRO

Race number: 3090 | Gender: M

Nationality: PORTUGAL

Club:

Place: 969

Age Group: M35

Place Age Group: 152

Time (iliquid): 3:40:17

Pace: 0:05:14

Time (liquid): 3:40:06

Check-Point nº 1 - 5k: 0:24:00

Check-Point nº 2 - 10k: 0:48:08

Check-Point nº 3 - 15k: 1:12:29

Check-Point nº 4 - 19.4k: 1:33:55

Check-Point nº 5 - 20k: 1:36:50

Check-Point nº 6 - 20.2k: 1:37:38

Check-Point nº 7 - MM: 1:42:10

Check-Point nº 8 - 25k: 2:01:10

Check-Point nº 9 - 25.2k: 2:01:58

Check-Point nº 10 - 30k: 2:26:14

Check-Point nº 11 - 35k: 2:54:28

Check-Point nº 12 - 40k: 3:25:53

Check-Point nº 13 - 41.1k: 3:33:25