



**YOU WILL NEVER RUN ALONE**

Diploma

**NELSON LAPAS**

Race number: 914 | Gender: M  
Nationality: PORTUGAL  
Club: ARSC TOLEDO

Place: 722

Age Group: M40

Place Age Group: 136

Time (iliquid): 3:31:38

Pace: 0:05:01

Time (liquid): 3:31:20

Check-Point nº 1 - 5k: 0:22:15

Check-Point nº 2 - 10k: 0:44:00

Check-Point nº 3 - 15k: 1:05:23

Check-Point nº 4 - 19.4k: 1:24:17

Check-Point nº 5 - 20k: 1:26:51

Check-Point nº 6 - 20.2k: 1:27:35

Check-Point nº 7 - MM: 1:31:34

Check-Point nº 8 - 25k: 1:49:43

Check-Point nº 9 - 25.2k: 1:50:34

Check-Point nº 10 - 30k: 2:17:26

Check-Point nº 11 - 35k: 2:46:16

Check-Point nº 12 - 40k: 3:19:41

Check-Point nº 13 - 41.1k: 3:26:04