



YOU WILL NEVER RUN ALONE

Diploma

JOÃO ROCHA

Race number: 6114 | Gender: M
Nationality: PORTUGAL
Club: IRON GRAPES BAIRRADA

Place: 2412 Age Group: M20 Place Age Group: 529

Time (iliquid): 4:23:23	Pace: 0:06:12	Time (liquid): 4:20:39
Check-Point nº 1 - 5k: 0:33:56	Check-Point nº 2 - 10k: 1:02:56	Check-Point nº 3 - 15k: 1:32:20
Check-Point nº 4 - 19.4k: 1:58:36	Check-Point nº 5 - 20k: 2:02:14	Check-Point nº 6 - 20.2k: 2:03:20
Check-Point nº 7 - MM: 2:08:48	Check-Point nº 8 - 25k: 2:32:19	Check-Point nº 9 - 25.2k: 2:33:30
Check-Point nº 10 - 30k: 3:03:49	Check-Point nº 11 - 35k: 3:35:26	Check-Point nº 12 - 40k: 4:08:41
Check-Point nº 13 - 41.1k: 4:16:34		