



**YOU WILL NEVER RUN ALONE**

Diploma

**MANUEL CARDOSO**

Race number: 1231 | Gender: M  
Nationality: PORTUGAL  
Club: JRUN PROJECT

Place: 218      Age Group: M55      Place Age Group: 11

Time (iliquid): 3:05:15	Pace: 0:04:24	Time (liquid): 3:05:12
Check-Point nº 1 - 5k: 0:20:40	Check-Point nº 2 - 10k: 0:41:26	Check-Point nº 3 - 15k: 1:02:12
Check-Point nº 4 - 19.4k: 1:20:34	Check-Point nº 5 - 20k: 1:23:03	Check-Point nº 6 - 20.2k: 1:23:47
Check-Point nº 7 - MM: 1:27:40	Check-Point nº 8 - 25k: 1:44:29	Check-Point nº 9 - 25.2k: 1:45:13
Check-Point nº 10 - 30k: 2:06:45	Check-Point nº 11 - 35k: 2:29:33	Check-Point nº 12 - 40k: 2:53:58
Check-Point nº 13 - 41.1k: 3:00:05		