



YOU WILL NEVER RUN ALONE

Diploma

HELENA ROCHA

Race number: 6734 | Gender: F
Nationality: PORTUGAL
Club:

Place: 3140 Age Group: F40 Place Age Group: 84

Time (iliquid): 4:51:14	Pace: 0:06:51	Time (liquid): 4:47:54
Check-Point nº 1 - 5k: 0:35:11	Check-Point nº 2 - 10k: 1:06:38	Check-Point nº 3 - 15k: 1:37:31
Check-Point nº 4 - 19.4k: 2:04:27	Check-Point nº 5 - 20k: 2:08:10	Check-Point nº 6 - 20.2k: 2:09:15
Check-Point nº 7 - MM: 2:14:58	Check-Point nº 8 - 25k: 2:40:27	Check-Point nº 9 - 25.2k: 2:41:40
Check-Point nº 10 - 30k: 3:15:23	Check-Point nº 11 - 35k: 3:51:31	Check-Point nº 12 - 40k: 4:32:18
Check-Point nº 13 - 41.1k: 4:43:01		