



**YOU WILL NEVER RUN ALONE**

Diploma

**MANUEL MENÉRES**

Race number: 250 | Gender: M  
Nationality: PORTUGAL  
Club: LACTOGAL - LACTOGAL - LACTOGAL -

Place: 86      Age Group: M40      Place Age Group: 15

Time (iliquid): 2:51:33	Pace: 0:04:04	Time (liquid): 2:51:28
Check-Point nº 1 - 5k: 0:19:38	Check-Point nº 2 - 10k: 0:39:28	Check-Point nº 3 - 15k: 0:59:17
Check-Point nº 4 - 19.4k: 1:16:54	Check-Point nº 5 - 20k: 1:19:20	Check-Point nº 6 - 20.2k: 1:20:00
Check-Point nº 7 - MM: 1:23:42	Check-Point nº 8 - 25k: 1:39:47	Check-Point nº 9 - 25.2k: 1:40:27
Check-Point nº 10 - 30k: 2:00:38	Check-Point nº 11 - 35k: 2:20:51	Check-Point nº 12 - 40k: 2:41:56
Check-Point nº 13 - 41.1k: 2:47:00		