



**YOU WILL NEVER RUN ALONE**

Diploma

**JOÃO CRUZ**

Race number: 3974 | Gender: M

Nationality: PORTUGAL

Club: LACTOGAL - LACTOGAL - FRALDOCARUNNERS

Place: 790

Age Group: M50

Place Age Group: 96

Time (iliquid): 3:33:59

Pace: 0:05:03

Time (liquid): 3:32:29

Check-Point nº 1 - 5k: 0:27:45

Check-Point nº 2 - 10k: 0:53:21

Check-Point nº 3 - 15k: 1:18:41

Check-Point nº 4 - 19.4k: 1:40:21

Check-Point nº 5 - 20k: 1:43:19

Check-Point nº 6 - 20.2k: 1:44:11

Check-Point nº 7 - MM: 1:48:43

Check-Point nº 8 - 25k: 2:08:17

Check-Point nº 9 - 25.2k: 2:09:13

Check-Point nº 10 - 30k: 2:33:24

Check-Point nº 11 - 35k: 2:58:25

Check-Point nº 12 - 40k: 3:23:20

Check-Point nº 13 - 41.1k: 3:29:07