



YOU WILL NEVER RUN ALONE

Diploma

PAULO FERREIRA

Race number: 1493 | Gender: M
Nationality: PORTUGAL
Club: RUNNING ESPINHO

Place: 779 Age Group: M45 Place Age Group: 131

Time (iliquid): 3:33:45	Pace: 0:05:04	Time (liquid): 3:33:28
Check-Point nº 1 - 5k: 0:24:52	Check-Point nº 2 - 10k: 0:49:52	Check-Point nº 3 - 15k: 1:14:33
Check-Point nº 4 - 19.4k: 1:36:25	Check-Point nº 5 - 20k: 1:39:25	Check-Point nº 6 - 20.2k: 1:40:16
Check-Point nº 7 - MM: 1:44:55	Check-Point nº 8 - 25k: 2:03:57	Check-Point nº 9 - 25.2k: 2:04:47
Check-Point nº 10 - 30k: 2:28:41	Check-Point nº 11 - 35k: 2:53:01	Check-Point nº 12 - 40k: 3:20:55
Check-Point nº 13 - 41.1k: 3:28:03		