



YOU WILL NEVER RUN ALONE

Diploma

JOÃO MANUEL JORGE

Race number: 1740 | Gender: M
Nationality: PORTUGAL
Club: ELCT

Place: 2434 Age Group: M45 Place Age Group: 365

Time (iliquid): 4:23:57	Pace: 0:06:14	Time (liquid): 4:22:24
Check-Point nº 1 - 5k: 0:30:54	Check-Point nº 2 - 10k: 0:59:53	Check-Point nº 3 - 15k: 1:29:22
Check-Point nº 4 - 19.4k: 1:54:36	Check-Point nº 5 - 20k: 1:58:00	Check-Point nº 6 - 20.2k: 1:59:03
Check-Point nº 7 - MM: 2:04:18	Check-Point nº 8 - 25k: 2:26:47	Check-Point nº 9 - 25.2k: 2:27:49
Check-Point nº 10 - 30k: 2:56:33	Check-Point nº 11 - 35k: 3:28:30	Check-Point nº 12 - 40k: 4:08:38
Check-Point nº 13 - 41.1k: 4:17:32		