



YOU WILL NEVER RUN ALONE

Diploma

AMILCAR COSTA

Race number: 545 | Gender: M

Nationality: PORTUGAL

Club: AMSGC SILVEIRINHA GRANDE E CLARAS

Place: 1014

Age Group: M50

Place Age Group: 126

Time (iliquid): 3:41:32

Pace: 0:05:15

Time (liquid): 3:41:05

Check-Point nº 1 - 5k: 0:24:10

Check-Point nº 2 - 10k: 0:47:25

Check-Point nº 3 - 15k: 1:10:59

Check-Point nº 4 - 19.4k: 1:32:15

Check-Point nº 5 - 20k: 1:35:10

Check-Point nº 6 - 20.2k: 1:36:15

Check-Point nº 7 - MM: 1:40:43

Check-Point nº 8 - 25k: 2:00:16

Check-Point nº 9 - 25.2k: 2:01:46

Check-Point nº 10 - 30k: 2:26:27

Check-Point nº 11 - 35k: 2:55:39

Check-Point nº 12 - 40k: 3:28:19

Check-Point nº 13 - 41.1k: 3:35:46

