



YOU WILL NEVER RUN ALONE

## Diploma

# SILVIO FERREIRA

Race number: 570 | Gender: M

Nationality: PORTUGAL

Club: GD LEOES DA GUARDA . LION RUNNERS

Place: 929

Age Group: M45

Place Age Group: 153

Time (iliquid): 3:38:46

Pace: 0:05:11

Time (liquid): 3:38:07

Check-Point nº 1 - 5k: 0:24:53

Check-Point nº 2 - 10k: 0:48:26

Check-Point nº 3 - 15k: 1:12:09

Check-Point nº 4 - 19.4k: 1:33:30

Check-Point nº 5 - 20k: 1:36:26

Check-Point nº 6 - 20.2k: 1:37:17

Check-Point nº 7 - MM: 1:41:50

Check-Point nº 8 - 25k: 2:01:35

Check-Point nº 9 - 25.2k: 2:02:30

Check-Point nº 10 - 30k: 2:27:23

Check-Point nº 11 - 35k: 2:54:14

Check-Point nº 12 - 40k: 3:25:04

Check-Point nº 13 - 41.1k: 3:32:46

