



YOU WILL NEVER RUN ALONE

Diploma

HELDER RIBEIRO

Race number: 2660 | Gender: M

Nationality: PORTUGAL

Club:

Place: 1459

Age Group: M20

Place Age Group: 335

Time (iliquid): 3:53:51

Pace: 0:05:30

Time (liquid): 3:51:30

Check-Point nº 1 - 5k: 0:27:53

Check-Point nº 2 - 10k: 0:52:33

Check-Point nº 3 - 15k: 1:18:18

Check-Point nº 4 - 19.4k: 1:40:06

Check-Point nº 5 - 20k: 1:43:08

Check-Point nº 6 - 20.2k: 1:44:01

Check-Point nº 7 - MM: 1:48:43

Check-Point nº 8 - 25k: 2:08:39

Check-Point nº 9 - 25.2k: 2:09:36

Check-Point nº 10 - 30k: 2:35:45

Check-Point nº 11 - 35k: 3:05:50

Check-Point nº 12 - 40k: 3:40:09

Check-Point nº 13 - 41.1k: 3:47:36