



YOU WILL NEVER RUN ALONE

Diploma

CARLOS ESPIRITO SANTO

Race number: 5690 | Gender: M

Nationality: PORTUGAL

Club:

Place: 3205

Age Group: M55

Place Age Group: 193

Time (iliquid): 4:55:42

Pace: 0:06:58

Time (liquid): 4:52:55

Check-Point nº 1 - 5k: 0:34:34

Check-Point nº 2 - 10k: 1:05:46

Check-Point nº 3 - 15k: 1:37:29

Check-Point nº 4 - 19.4k: 2:05:37

Check-Point nº 5 - 20k: 2:09:29

Check-Point nº 6 - 20.2k: 2:10:56

Check-Point nº 7 - MM: 2:16:46

Check-Point nº 8 - 25k: 2:41:52

Check-Point nº 9 - 25.2k: 2:43:40

Check-Point nº 10 - 30k: 3:16:54

Check-Point nº 11 - 35k: 3:55:33

Check-Point nº 12 - 40k: 4:35:52

Check-Point nº 13 - 41.1k: 4:48:19

