



YOU WILL NEVER RUN ALONE

Diploma

JOSÉ MANUEL GUIA

Race number: 6302 | Gender: M

Nationality: PORTUGAL

Club: VALEJAS ATLÉTICO CLUBE

Place: 3566

Age Group: M75

Place Age Group: 3

Time (iliquid): 5:28:28

Pace: 0:07:49

Time (liquid): 5:28:20

Check-Point nº 1 - 5k: 0:30:56

Check-Point nº 2 - 10k: 1:02:04

Check-Point nº 3 - 15k: 1:37:04

Check-Point nº 4 - 19.4k: 2:09:11

Check-Point nº 5 - 20k: 2:14:41

Check-Point nº 6 - 20.2k: 2:16:33

Check-Point nº 7 - MM: 2:24:01

Check-Point nº 8 - 25k: 2:55:34

Check-Point nº 9 - 25.2k: 2:57:24

Check-Point nº 10 - 30k: 3:39:00

Check-Point nº 11 - 35k: 4:23:23

Check-Point nº 12 - 40k: 5:09:50

Check-Point nº 13 - 41.1k: 5:20:08

