



YOU WILL NEVER RUN ALONE

Diploma

MANUEL DIAS

Race number: 5624 | Gender: M

Nationality: PORTUGAL

Club:

Place: 2757

Age Group: M60

Place Age Group: 91

Time (iliquid): 4:35:36

Pace: 0:06:29

Time (liquid): 4:32:49

Check-Point nº 1 - 5k: 0:33:10

Check-Point nº 2 - 10k: 1:02:46

Check-Point nº 3 - 15k: 1:33:28

Check-Point nº 4 - 19.4k: 2:00:34

Check-Point nº 5 - 20k: 2:04:17

Check-Point nº 6 - 20.2k: 2:05:24

Check-Point nº 7 - MM: 2:11:07

Check-Point nº 8 - 25k: 2:36:01

Check-Point nº 9 - 25.2k: 2:37:23

Check-Point nº 10 - 30k: 3:07:34

Check-Point nº 11 - 35k: 3:38:31

Check-Point nº 12 - 40k: 4:19:22

Check-Point nº 13 - 41.1k: 4:28:42

