



YOU WILL NEVER RUN ALONE

Diploma

PAULO BANDALHO

Race number: 647 | Gender: M

Nationality: PORTUGAL

Club: BANDALHOS RUNNING

Place: 290

Age Group: M50

Place Age Group: 35

Time (iliquid): 3:11:28

Pace: 0:04:33

Time (liquid): 3:11:17

Check-Point nº 1 - 5k: 0:21:22

Check-Point nº 2 - 10k: 0:42:45

Check-Point nº 3 - 15k: 1:04:01

Check-Point nº 4 - 19.4k: 1:22:50

Check-Point nº 5 - 20k: 1:25:28

Check-Point nº 6 - 20.2k: 1:26:12

Check-Point nº 7 - MM: 1:30:14

Check-Point nº 8 - 25k: 1:48:08

Check-Point nº 9 - 25.2k: 1:48:54

Check-Point nº 10 - 30k: 2:11:59

Check-Point nº 11 - 35k: 2:34:53

Check-Point nº 12 - 40k: 3:00:03

Check-Point nº 13 - 41.1k: 3:06:08

