



YOU WILL NEVER RUN ALONE

Diploma

RICARDO LENTO

Race number: 2862 | Gender: M

Nationality: PORTUGAL

Club: BOAVISTATRAIL

Place: 1901

Age Group: M40

Place Age Group: 280

Time (iliquid): 4:05:20

Pace: 0:05:48

Time (liquid): 4:03:54

Check-Point nº 1 - 5k: 0:29:09

Check-Point nº 2 - 10k: 0:55:57

Check-Point nº 3 - 15k: 1:21:58

Check-Point nº 4 - 19.4k: 1:44:46

Check-Point nº 5 - 20k: 1:47:56

Check-Point nº 6 - 20.2k: 1:48:57

Check-Point nº 7 - MM: 1:53:53

Check-Point nº 8 - 25k: 2:15:54

Check-Point nº 9 - 25.2k: 2:17:11

Check-Point nº 10 - 30k: 2:45:57

Check-Point nº 11 - 35k: 3:16:22

Check-Point nº 12 - 40k: 3:51:23

Check-Point nº 13 - 41.1k: 3:59:13

