



YOU WILL NEVER RUN ALONE

Diploma

JOÃO ROCHA

Race number: 6114 | Gender: M

Nationality: PORTUGAL

Club: IRON GRAPES BAIRRADA

Place: 2412

Age Group: M20

Place Age Group: 529

Time (iliquid): 4:23:23

Pace: 0:06:12

Time (liquid): 4:20:39

Check-Point nº 1 - 5k: 0:33:56

Check-Point nº 2 - 10k: 1:02:56

Check-Point nº 3 - 15k: 1:32:20

Check-Point nº 4 - 19.4k: 1:58:36

Check-Point nº 5 - 20k: 2:02:14

Check-Point nº 6 - 20.2k: 2:03:20

Check-Point nº 7 - MM: 2:08:48

Check-Point nº 8 - 25k: 2:32:19

Check-Point nº 9 - 25.2k: 2:33:30

Check-Point nº 10 - 30k: 3:03:49

Check-Point nº 11 - 35k: 3:35:26

Check-Point nº 12 - 40k: 4:08:41

Check-Point nº 13 - 41.1k: 4:16:34

