



YOU WILL NEVER RUN ALONE

## Diploma

# FRANCISCO FERREIRA

Race number: 3368 | Gender: M

Nationality: PORTUGAL

Club:

Place: 2784

Age Group: M55

Place Age Group: 159

Time (iliquid): 4:36:37

Pace: 0:06:33

Time (liquid): 4:35:24

Check-Point nº 1 - 5k: 0:30:28

Check-Point nº 2 - 10k: 0:59:12

Check-Point nº 3 - 15k: 1:28:22

Check-Point nº 4 - 19.4k: 1:55:10

Check-Point nº 5 - 20k: 1:58:51

Check-Point nº 6 - 20.2k: 2:00:14

Check-Point nº 7 - MM: 2:05:56

Check-Point nº 8 - 25k: 2:31:16

Check-Point nº 9 - 25.2k: 2:32:38

Check-Point nº 10 - 30k: 3:06:16

Check-Point nº 11 - 35k: 3:41:16

Check-Point nº 12 - 40k: 4:19:16

Check-Point nº 13 - 41.1k: 4:28:50

