



YOU WILL NEVER RUN ALONE

Diploma

MANUEL CARDOSO

Race number: 1231 | Gender: M

Nationality: PORTUGAL

Club: JRUN PROJECT

Place: 218

Age Group: M55

Place Age Group: 11

Time (iliquid): 3:05:15

Pace: 0:04:24

Time (liquid): 3:05:12

Check-Point nº 1 - 5k: 0:20:40

Check-Point nº 2 - 10k: 0:41:26

Check-Point nº 3 - 15k: 1:02:12

Check-Point nº 4 - 19.4k: 1:20:34

Check-Point nº 5 - 20k: 1:23:03

Check-Point nº 6 - 20.2k: 1:23:47

Check-Point nº 7 - MM: 1:27:40

Check-Point nº 8 - 25k: 1:44:29

Check-Point nº 9 - 25.2k: 1:45:13

Check-Point nº 10 - 30k: 2:06:45

Check-Point nº 11 - 35k: 2:29:33

Check-Point nº 12 - 40k: 2:53:58

Check-Point nº 13 - 41.1k: 3:00:05

