



YOU WILL NEVER RUN ALONE

Diploma

CERDEIRA PAULO

Race number: 248 | Gender: M

Nationality: PORTUGAL

Club: LIDL - LIDL - LIDL - RUNNING FAMILY

Place: 705

Age Group: M45

Place Age Group: 118

Time (iliquid): 3:30:55

Pace: 0:05:00

Time (liquid): 3:30:33

Check-Point nº 1 - 5k: 0:24:28

Check-Point nº 2 - 10k: 0:48:44

Check-Point nº 3 - 15k: 1:13:03

Check-Point nº 4 - 19.4k: 1:34:09

Check-Point nº 5 - 20k: 1:37:02

Check-Point nº 6 - 20.2k: 1:37:53

Check-Point nº 7 - MM: 1:42:23

Check-Point nº 8 - 25k: 2:01:39

Check-Point nº 9 - 25.2k: 2:02:34

Check-Point nº 10 - 30k: 2:26:23

Check-Point nº 11 - 35k: 2:51:38

Check-Point nº 12 - 40k: 3:18:50

Check-Point nº 13 - 41.1k: 3:25:36

