



YOU WILL NEVER RUN ALONE

## Diploma

# CARLOS ESPOGEIRA

Race number: 6855 | Gender: M

Nationality: PORTUGAL

Club: LAMBRETAS RUNNERS

Place: 3567

Age Group: M20

Place Age Group: 765

Time (iliquid): 5:28:29

Pace: 0:07:44

Time (liquid): 5:24:53

Check-Point nº 1 - 5k: 0:36:48

Check-Point nº 2 - 10k: 1:09:28

Check-Point nº 3 - 15k: 1:43:00

Check-Point nº 4 - 19.4k: 2:12:26

Check-Point nº 5 - 20k: 2:16:28

Check-Point nº 6 - 20.2k: 2:17:51

Check-Point nº 7 - MM: 2:24:19

Check-Point nº 8 - 25k: 2:52:11

Check-Point nº 9 - 25.2k: 2:53:59

Check-Point nº 10 - 30k: 3:34:24

Check-Point nº 11 - 35k: 4:22:41

Check-Point nº 12 - 40k: 5:10:59

Check-Point nº 13 - 41.1k: 5:21:30

