



YOU WILL NEVER RUN ALONE

Diploma

RICARDO LOPES

Race number: 100 | Gender: M

Nationality: PORTUGAL

Club:

Place: 3338

Age Group: M45

Place Age Group: 459

Time (iliquid): 5:03:30

Pace: 0:07:13

Time (liquid): 5:03:27

Check-Point nº 1 - 5k: 0:32:08

Check-Point nº 2 - 10k: 1:04:38

Check-Point nº 3 - 15k: 1:42:16

Check-Point nº 4 - 19.4k: 2:12:07

Check-Point nº 5 - 20k: 2:16:20

Check-Point nº 6 - 20.2k: 2:17:36

Check-Point nº 7 - MM: 2:23:57

Check-Point nº 8 - 25k: 2:50:10

Check-Point nº 9 - 25.2k: 2:51:20

Check-Point nº 10 - 30k: 3:23:47

Check-Point nº 11 - 35k: 4:03:08

Check-Point nº 12 - 40k: 4:46:02

Check-Point nº 13 - 41.1k: 4:55:53

