



YOU WILL NEVER RUN ALONE

Diploma

HÉLDER COUTINHO

Race number: 5705 | Gender: M

Nationality: PORTUGAL

Club:

Place: 1924

Age Group: M40

Place Age Group: 285

Time (iliquid): 4:06:24

Pace: 0:05:49

Time (liquid): 4:04:32

Check-Point nº 1 - 5k: 0:30:03

Check-Point nº 2 - 10k: 0:58:10

Check-Point nº 3 - 15k: 1:26:15

Check-Point nº 4 - 19.4k: 1:50:50

Check-Point nº 5 - 20k: 1:54:13

Check-Point nº 6 - 20.2k: 1:55:12

Check-Point nº 7 - MM: 2:00:26

Check-Point nº 8 - 25k: 2:22:38

Check-Point nº 9 - 25.2k: 2:23:41

Check-Point nº 10 - 30k: 2:52:18

Check-Point nº 11 - 35k: 3:21:09

Check-Point nº 12 - 40k: 3:52:31

Check-Point nº 13 - 41.1k: 4:00:14

