



YOU WILL NEVER RUN ALONE

Diploma

HELENA SILVA

Race number: 5756 | Gender: F

Nationality: PORTUGAL

Club: RUNNING ESPINHO

Place: 1628

Age Group: F50

Place Age Group: 24

Time (iliquid): 3:58:21

Pace: 0:05:35

Time (liquid): 3:54:53

Check-Point nº 1 - 5k: 0:32:14

Check-Point nº 2 - 10k: 0:59:40

Check-Point nº 3 - 15k: 1:26:40

Check-Point nº 4 - 19.4k: 1:50:43

Check-Point nº 5 - 20k: 1:53:56

Check-Point nº 6 - 20.2k: 1:55:07

Check-Point nº 7 - MM: 2:00:04

Check-Point nº 8 - 25k: 2:21:42

Check-Point nº 9 - 25.2k: 2:23:17

Check-Point nº 10 - 30k: 2:50:15

Check-Point nº 11 - 35k: 3:18:10

Check-Point nº 12 - 40k: 3:46:09

Check-Point nº 13 - 41.1k: 3:52:46

