



YOU WILL NEVER RUN ALONE

Diploma

MANUEL CRUZ

Race number: 5796 | Gender: M

Nationality: PORTUGAL

Club:

Place: 2069

Age Group: M70

Place Age Group: 1

Time (iliquid): 4:11:37

Pace: 0:05:55

Time (liquid): 4:09:02

Check-Point nº 1 - 5k: 0:31:07

Check-Point nº 2 - 10k: 0:58:23

Check-Point nº 3 - 15k: 1:26:15

Check-Point nº 4 - 19.4k: 1:51:00

Check-Point nº 5 - 20k: 1:54:22

Check-Point nº 6 - 20.2k: 1:55:32

Check-Point nº 7 - MM: 2:00:44

Check-Point nº 8 - 25k: 2:22:50

Check-Point nº 9 - 25.2k: 2:23:58

Check-Point nº 10 - 30k: 2:53:46

Check-Point nº 11 - 35k: 3:24:00

Check-Point nº 12 - 40k: 3:56:22

Check-Point nº 13 - 41.1k: 4:04:05

