



YOU WILL NEVER RUN ALONE

Diploma

HELENA GOMES

Race number: 2956 | Gender: F

Nationality: PORTUGAL

Club: ATC

Place: 3378

Age Group: F50

Place Age Group: 89

Time (iliquid): 5:07:43

Pace: 0:07:15

Time (liquid): 5:05:09

Check-Point nº 1 - 5k: 0:34:40

Check-Point nº 2 - 10k: 1:06:45

Check-Point nº 3 - 15k: 1:42:39

Check-Point nº 4 - 19.4k: 2:12:08

Check-Point nº 5 - 20k: 2:16:19

Check-Point nº 6 - 20.2k: 2:17:49

Check-Point nº 7 - MM: 2:23:59

Check-Point nº 8 - 25k: 2:51:02

Check-Point nº 9 - 25.2k: 2:52:44

Check-Point nº 10 - 30k: 3:26:49

Check-Point nº 11 - 35k: 4:06:45

Check-Point nº 12 - 40k: 4:50:07

Check-Point nº 13 - 41.1k: 5:00:00

