



YOU WILL NEVER RUN ALONE

Diploma

ALDA ROCHA

Race number: 5968 | Gender: F

Nationality: PORTUGAL

Club:

Place: 2041

Age Group: F45

Place Age Group: 38

Time (iliquid): 4:10:35

Pace: 0:05:55

Time (liquid): 4:08:32

Check-Point nº 1 - 5k: 0:29:54

Check-Point nº 2 - 10k: 0:56:41

Check-Point nº 3 - 15k: 1:23:32

Check-Point nº 4 - 19.4k: 1:47:02

Check-Point nº 5 - 20k: 1:50:17

Check-Point nº 6 - 20.2k: 1:51:15

Check-Point nº 7 - MM: 1:56:10

Check-Point nº 8 - 25k: 2:17:51

Check-Point nº 9 - 25.2k: 2:18:53

Check-Point nº 10 - 30k: 2:46:25

Check-Point nº 11 - 35k: 3:17:20

Check-Point nº 12 - 40k: 3:58:01

Check-Point nº 13 - 41.1k: 4:04:34

