



YOU WILL NEVER RUN ALONE

Diploma

FILIPPE PARAÍSO

Race number: 984 | Gender: M

Nationality: PORTUGAL

Club: GUARDA RUNNERS

Place: 723

Age Group: M40

Place Age Group: 137

Time (iliquid): 3:31:40

Pace: 0:05:01

Time (liquid): 3:31:18

Check-Point nº 1 - 5k: 0:22:45

Check-Point nº 2 - 10k: 0:45:13

Check-Point nº 3 - 15k: 1:08:06

Check-Point nº 4 - 19.4k: 1:28:54

Check-Point nº 5 - 20k: 1:31:50

Check-Point nº 6 - 20.2k: 1:32:44

Check-Point nº 7 - MM: 1:37:16

Check-Point nº 8 - 25k: 1:57:32

Check-Point nº 9 - 25.2k: 1:58:48

Check-Point nº 10 - 30k: 2:23:47

Check-Point nº 11 - 35k: 2:51:12

Check-Point nº 12 - 40k: 3:20:09

Check-Point nº 13 - 41.1k: 3:26:28

