



YOU WILL NEVER RUN ALONE

Diploma

JOÃO MANGERICÃO

Race number: 3550 | Gender: M

Nationality: PORTUGAL

Club: PORTO RUNNERS

Place: 2423

Age Group: M45

Place Age Group: 363

Time (iliquid): 4:23:46

Pace: 0:06:14

Time (liquid): 4:21:49

Check-Point nº 1 - 5k: 0:29:40

Check-Point nº 2 - 10k: 0:57:36

Check-Point nº 3 - 15k: 1:26:12

Check-Point nº 4 - 19.4k: 1:51:46

Check-Point nº 5 - 20k: 1:55:23

Check-Point nº 6 - 20.2k: 4:08:11

Check-Point nº 7 - MM: 2:01:56

Check-Point nº 8 - 25k: 2:26:23

Check-Point nº 9 - 25.2k: 2:27:26

Check-Point nº 10 - 30k: 2:59:14

Check-Point nº 11 - 35k: 3:32:56

Check-Point nº 12 - 40k: None

Check-Point nº 13 - 41.1k: 4:17:00

