



YOU WILL NEVER RUN ALONE

Diploma

PAULO FERREIRA

Race number: 1493 | Gender: M

Nationality: PORTUGAL

Club: RUNNING ESPINHO

Place: 782

Age Group: M45

Place Age Group: 131

Time (iliquid): 3:33:45

Pace: 0:05:04

Time (liquid): 3:33:28

Check-Point nº 1 - 5k: 0:24:52

Check-Point nº 2 - 10k: 0:49:52

Check-Point nº 3 - 15k: 1:14:33

Check-Point nº 4 - 19.4k: 1:36:25

Check-Point nº 5 - 20k: 1:39:25

Check-Point nº 6 - 20.2k: 1:40:16

Check-Point nº 7 - MM: 1:44:55

Check-Point nº 8 - 25k: 2:03:57

Check-Point nº 9 - 25.2k: 2:04:47

Check-Point nº 10 - 30k: 2:28:41

Check-Point nº 11 - 35k: 2:53:01

Check-Point nº 12 - 40k: 3:20:55

Check-Point nº 13 - 41.1k: 3:28:03

