



YOU WILL NEVER RUN ALONE

Diploma

DE CASTRO ABEL

Race number: 5757 | Gender: M

Nationality: PORTUGAL

Club:

Place: 2479

Age Group: M45

Place Age Group: 370

Time (iliquid): 4:25:05

Pace: 0:06:14

Time (liquid): 4:21:53

Check-Point nº 1 - 5k: 0:30:15

Check-Point nº 2 - 10k: 0:56:24

Check-Point nº 3 - 15k: 1:22:53

Check-Point nº 4 - 19.4k: 1:46:42

Check-Point nº 5 - 20k: 1:49:59

Check-Point nº 6 - 20.2k: 1:51:03

Check-Point nº 7 - MM: 1:56:06

Check-Point nº 8 - 25k: 2:18:06

Check-Point nº 9 - 25.2k: 2:19:16

Check-Point nº 10 - 30k: 2:48:22

Check-Point nº 11 - 35k: 3:23:24

Check-Point nº 12 - 40k: 4:08:08

Check-Point nº 13 - 41.1k: 4:18:25

