



**YOU WILL NEVER RUN ALONE**

Diploma

**RICARDO CARVALHO**

Race number: 531 | Gender: M  
Nationality: PORTUGAL  
Club: RUNRIVER

Place: 217      Age Group: M40      Place Age Group: 41

|                                    |                                  |                                   |
|------------------------------------|----------------------------------|-----------------------------------|
| Time (iliquid): 3:05:14            | Pace: 0:04:24                    | Time (liquid): 3:05:01            |
| Check-Point nº 1 - 5k: 0:21:38     | Check-Point nº 2 - 10k: 0:42:54  | Check-Point nº 3 - 15k: 1:04:12   |
| Check-Point nº 4 - 19.4k: 1:22:53  | Check-Point nº 5 - 20k: 1:25:27  | Check-Point nº 6 - 20.2k: 1:26:12 |
| Check-Point nº 7 - MM: 1:30:08     | Check-Point nº 8 - 25k: 1:46:52  | Check-Point nº 9 - 25.2k: 1:47:39 |
| Check-Point nº 10 - 30k: 2:08:19   | Check-Point nº 11 - 35k: 2:29:50 | Check-Point nº 12 - 40k: 2:54:14  |
| Check-Point nº 13 - 41.1k: 3:00:01 |                                  |                                   |