



YOU WILL NEVER RUN ALONE

Diploma

RUI MANUEL DIAS

Race number: 2598 | Gender: M
Nationality: PORTUGAL
Club: PI-LINHA RUNNERS

Place: 2340 Age Group: M45 Place Age Group: 354

Time (iliquid): 4:21:38	Pace: 0:06:11	Time (liquid): 4:20:00
Check-Point nº 1 - 5k: 0:28:43	Check-Point nº 2 - 10k: 0:54:38	Check-Point nº 3 - 15k: 1:21:35
Check-Point nº 4 - 19.4k: 1:45:48	Check-Point nº 5 - 20k: 1:49:10	Check-Point nº 6 - 20.2k: 1:50:13
Check-Point nº 7 - MM: 1:55:28	Check-Point nº 8 - 25k: 2:18:44	Check-Point nº 9 - 25.2k: 2:19:52
Check-Point nº 10 - 30k: 2:50:03	Check-Point nº 11 - 35k: 3:27:10	Check-Point nº 12 - 40k: 4:06:02
Check-Point nº 13 - 41.1k: 4:14:38		