



YOU WILL NEVER RUN ALONE

Diploma

NUNO RAMOS

Race number: 685 | Gender: M
Nationality: PORTUGAL
Club: A.D. ACTIVE RUNNING

Place: 143 Age Group: M45 Place Age Group: 24

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|------------------------------------|----------------------------------|-----------------------------------|
| Time (iliquid): 2:58:47 | Pace: 0:04:14 | Time (liquid): 2:57:53 |
| Check-Point nº 1 - 5k: 0:21:58 | Check-Point nº 2 - 10k: 0:42:44 | Check-Point nº 3 - 15k: 1:03:47 |
| Check-Point nº 4 - 19.4k: 1:21:59 | Check-Point nº 5 - 20k: 1:24:26 | Check-Point nº 6 - 20.2k: 1:25:08 |
| Check-Point nº 7 - MM: 1:29:03 | Check-Point nº 8 - 25k: 1:45:37 | Check-Point nº 9 - 25.2k: 1:46:19 |
| Check-Point nº 10 - 30k: 2:06:57 | Check-Point nº 11 - 35k: 2:27:47 | Check-Point nº 12 - 40k: 2:49:38 |
| Check-Point nº 13 - 41.1k: 2:54:32 | | |