



**YOU WILL NEVER RUN ALONE**

Diploma

**MANUEL CASAIS**

Race number: 898 | Gender: M  
Nationality: PORTUGAL  
Club: BLASQEM

Place: 289      Age Group: M60      Place Age Group: 6

Time (iliquid): 3:11:18	Pace: 0:04:32	Time (liquid): 3:11:04
Check-Point nº 1 - 5k: 0:22:06	Check-Point nº 2 - 10k: 0:43:24	Check-Point nº 3 - 15k: 1:04:55
Check-Point nº 4 - 19.4k: 1:23:52	Check-Point nº 5 - 20k: 1:26:27	Check-Point nº 6 - 20.2k: 1:27:10
Check-Point nº 7 - MM: 1:31:13	Check-Point nº 8 - 25k: 1:48:53	Check-Point nº 9 - 25.2k: 1:49:39
Check-Point nº 10 - 30k: 2:11:58	Check-Point nº 11 - 35k: 2:35:15	Check-Point nº 12 - 40k: 3:00:25
Check-Point nº 13 - 41.1k: 3:06:15		