



**YOU WILL NEVER RUN ALONE**

## Diploma

# RICARDO RUAS

Race number: 5955 | Gender: M

Nationality: PORTUGAL

Club: A. R. MEIRINHAS

Place: 1410

Age Group: M45

Place Age Group: 228

Time (iliquid): 3:52:31

Pace: 0:05:27

Time (liquid): 3:49:21

Check-Point nº 1 - 5k: 0:32:13

Check-Point nº 2 - 10k: 0:57:16

Check-Point nº 3 - 15k: 1:23:04

Check-Point nº 4 - 19.4k: 1:45:21

Check-Point nº 5 - 20k: 1:48:21

Check-Point nº 6 - 20.2k: 1:49:10

Check-Point nº 7 - MM: 1:53:49

Check-Point nº 8 - 25k: 2:13:58

Check-Point nº 9 - 25.2k: 2:14:48

Check-Point nº 10 - 30k: 2:40:25

Check-Point nº 11 - 35k: 3:08:45

Check-Point nº 12 - 40k: 3:39:55

Check-Point nº 13 - 41.1k: 3:46:43

Patrocinador Principal



Patrocinadores



Seguradora Oficial



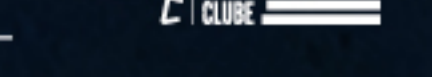
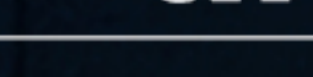
Água Oficial



Marca Desportiva



Apoios



Com Apoio