



**YOU WILL NEVER RUN ALONE**

## Diploma

# MIGUEL CABRAL

Race number: 3345 | Gender: M  
Nationality: PORTUGAL  
Club: QUINTA DONA FLORINDA

Place: 378      Age Group: M45      Place Age Group: 62

Time (iliquid): 3:16:34	Pace: 0:04:39	Time (liquid): 3:15:50
Check-Point nº 1 - 5k: 0:22:21	Check-Point nº 2 - 10k: 0:43:20	Check-Point nº 3 - 15k: 1:04:29
Check-Point nº 4 - 19.4k: 1:23:18	Check-Point nº 5 - 20k: 1:25:57	Check-Point nº 6 - 20.2k: 1:26:43
Check-Point nº 7 - MM: 1:30:51	Check-Point nº 8 - 25k: 1:48:53	Check-Point nº 9 - 25.2k: 1:49:39
Check-Point nº 10 - 30k: 2:12:46	Check-Point nº 11 - 35k: 2:38:07	Check-Point nº 12 - 40k: 3:04:44
Check-Point nº 13 - 41.1k: 3:11:03		