



YOU WILL NEVER RUN ALONE

Diploma

RICARDO GIRIO

Race number: 2692 | Gender: M
Nationality: PORTUGAL
Club: ADCRPEREIRA

Place: 505 Age Group: M40 Place Age Group: 102

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|------------------------------------|----------------------------------|-----------------------------------|
| Time (iliquid): 3:23:24 | Pace: 0:04:49 | Time (liquid): 3:22:35 |
| Check-Point nº 1 - 5k: 0:23:42 | Check-Point nº 2 - 10k: 0:46:47 | Check-Point nº 3 - 15k: 1:09:58 |
| Check-Point nº 4 - 19.4k: 1:30:52 | Check-Point nº 5 - 20k: 1:33:44 | Check-Point nº 6 - 20.2k: 1:34:34 |
| Check-Point nº 7 - MM: 1:38:58 | Check-Point nº 8 - 25k: 1:57:49 | Check-Point nº 9 - 25.2k: 1:58:40 |
| Check-Point nº 10 - 30k: 2:22:24 | Check-Point nº 11 - 35k: 2:47:21 | Check-Point nº 12 - 40k: 3:12:23 |
| Check-Point nº 13 - 41.1k: 3:18:09 | | |