



**YOU WILL NEVER RUN ALONE**

Diploma

**MIGUEL CARNEIRO**

Race number: 5809 | Gender: M

Nationality: PORTUGAL

Club:

Place: 1878

Age Group: M20

Place Age Group: 431

Time (iliquid): 4:04:22

Pace: 0:05:45

Time (liquid): 4:01:35

Check-Point nº 1 - 5k: 0:31:11

Check-Point nº 2 - 10k: 0:58:38

Check-Point nº 3 - 15k: 1:26:28

Check-Point nº 4 - 19.4k: 1:50:56

Check-Point nº 5 - 20k: 1:54:22

Check-Point nº 6 - 20.2k: 1:55:20

Check-Point nº 7 - MM: 2:00:34

Check-Point nº 8 - 25k: 2:22:52

Check-Point nº 9 - 25.2k: 2:23:52

Check-Point nº 10 - 30k: 2:51:49

Check-Point nº 11 - 35k: 3:20:56

Check-Point nº 12 - 40k: 3:51:22

Check-Point nº 13 - 41.1k: 3:58:22