



**YOU WILL NEVER RUN ALONE**

Diploma

**RICARDO TRIGO**

Race number: 6790 | Gender: M

Nationality: PORTUGAL

Club:

Place: 2262

Age Group: M40

Place Age Group: 314

Time (iliquid): 4:18:56

Pace: 0:06:06

Time (liquid): 4:16:14

Check-Point nº 1 - 5k: 0:31:11

Check-Point nº 2 - 10k: 0:58:57

Check-Point nº 3 - 15k: 1:26:39

Check-Point nº 4 - 19.4k: 1:50:56

Check-Point nº 5 - 20k: 1:54:17

Check-Point nº 6 - 20.2k: 1:55:16

Check-Point nº 7 - MM: 2:00:19

Check-Point nº 8 - 25k: 2:22:09

Check-Point nº 9 - 25.2k: 2:23:07

Check-Point nº 10 - 30k: 2:50:24

Check-Point nº 11 - 35k: 3:18:53

Check-Point nº 12 - 40k: 3:57:29

Check-Point nº 13 - 41.1k: 4:10:04