



YOU WILL NEVER RUN ALONE

Diploma

MIGUEL FERRAZ

Race number: 5596 | Gender: M
Nationality: PORTUGAL
Club: MFT. PT

Place: 2644 Age Group: M45 Place Age Group: 386

Time (iliquid): 4:31:12	Pace: 0:06:22	Time (liquid): 4:27:49
Check-Point nº 1 - 5k: 0:36:13	Check-Point nº 2 - 10k: 1:06:59	Check-Point nº 3 - 15k: 1:36:36
Check-Point nº 4 - 19.4k: 2:02:40	Check-Point nº 5 - 20k: 2:06:12	Check-Point nº 6 - 20.2k: 2:07:12
Check-Point nº 7 - MM: 2:12:39	Check-Point nº 8 - 25k: 2:36:18	Check-Point nº 9 - 25.2k: 2:37:24
Check-Point nº 10 - 30k: 3:06:32	Check-Point nº 11 - 35k: 3:36:44	Check-Point nº 12 - 40k: 4:13:53
Check-Point nº 13 - 41.1k: 4:23:28		