



YOU WILL NEVER RUN ALONE

Diploma

MIGUEL DIAS

Race number: 5531 | Gender: M

Nationality: PORTUGAL

Club: QF TEAM

Place: 2889

Age Group: M45

Place Age Group: 413

Time (iliquid): 4:40:57

Pace: 0:06:36

Time (liquid): 4:37:18

Check-Point nº 1 - 5k: 0:30:46

Check-Point nº 2 - 10k: 0:57:26

Check-Point nº 3 - 15k: 1:25:07

Check-Point nº 4 - 19.4k: 1:50:02

Check-Point nº 5 - 20k: 1:53:27

Check-Point nº 6 - 20.2k: 1:54:34

Check-Point nº 7 - MM: 1:59:54

Check-Point nº 8 - 25k: 2:22:52

Check-Point nº 9 - 25.2k: 2:24:20

Check-Point nº 10 - 30k: 2:56:31

Check-Point nº 11 - 35k: 3:36:35

Check-Point nº 12 - 40k: 4:19:47

Check-Point nº 13 - 41.1k: 4:32:21