



**YOU WILL NEVER RUN ALONE**

Diploma

**RUI TAVARES**

Race number: 538 | Gender: M  
Nationality: PORTUGAL  
Club: A.D.GRIJÓ A CORRER

Place: 324      Age Group: M45      Place Age Group: 55

Time (iliquid): 3:13:53	Pace: 0:04:36	Time (liquid): 3:13:38
Check-Point nº 1 - 5k: 0:21:44	Check-Point nº 2 - 10k: 0:42:47	Check-Point nº 3 - 15k: 1:03:58
Check-Point nº 4 - 19.4k: 1:22:49	Check-Point nº 5 - 20k: 1:25:24	Check-Point nº 6 - 20.2k: 1:26:10
Check-Point nº 7 - MM: 1:30:06	Check-Point nº 8 - 25k: 1:46:52	Check-Point nº 9 - 25.2k: 1:47:40
Check-Point nº 10 - 30k: 2:08:55	Check-Point nº 11 - 35k: 2:32:39	Check-Point nº 12 - 40k: 3:01:22
Check-Point nº 13 - 41.1k: 3:07:52		