



YOU WILL NEVER RUN ALONE

Diploma

ÁLVARO VILAR

Race number: 2688 | Gender: M

Nationality: PORTUGAL

Club: ALMA

Place: 3376

Age Group: M45

Place Age Group: 463

Time (iliquid): 5:07:51

Pace: 0:07:18

Time (liquid): 5:06:48

Check-Point nº 1 - 5k: 0:28:34

Check-Point nº 2 - 10k: 0:56:48

Check-Point nº 3 - 15k: 1:25:43

Check-Point nº 4 - 19.4k: 1:51:05

Check-Point nº 5 - 20k: 1:54:41

Check-Point nº 6 - 20.2k: 1:55:48

Check-Point nº 7 - MM: 2:01:16

Check-Point nº 8 - 25k: 2:26:24

Check-Point nº 9 - 25.2k: 2:27:42

Check-Point nº 10 - 30k: 3:03:49

Check-Point nº 11 - 35k: 3:51:06

Check-Point nº 12 - 40k: 4:45:00

Check-Point nº 13 - 41.1k: 4:57:37