



YOU WILL NEVER RUN ALONE

Diploma

MIGUEL LAGRIFA

Race number: 1322 | Gender: M
Nationality: PORTUGAL
Club: EDP C

Place: 1430 Age Group: M45 Place Age Group: 233

Time (iliquid): 3:53:15	Pace: 0:05:32	Time (liquid): 3:52:28
Check-Point nº 1 - 5k: 0:26:44	Check-Point nº 2 - 10k: 0:51:59	Check-Point nº 3 - 15k: 1:17:24
Check-Point nº 4 - 19.4k: 1:39:28	Check-Point nº 5 - 20k: 1:42:31	Check-Point nº 6 - 20.2k: 1:43:25
Check-Point nº 7 - MM: 1:47:59	Check-Point nº 8 - 25k: 2:07:38	Check-Point nº 9 - 25.2k: 2:08:34
Check-Point nº 10 - 30k: 2:33:25	Check-Point nº 11 - 35k: 3:03:09	Check-Point nº 12 - 40k: 3:36:55
Check-Point nº 13 - 41.1k: 3:46:38		