



YOU WILL NEVER RUN ALONE

Diploma

RICARDO NOGUEIRA

Race number: 508 | Gender: M

Nationality: PORTUGAL

Club: JRUN PROJECT

Place: 352

Age Group: M40

Place Age Group: 72

Time (iliquid): 3:15:02

Pace: 0:04:38

Time (liquid): 3:14:39

Check-Point nº 1 - 5k: 0:21:20

Check-Point nº 2 - 10k: 0:42:41

Check-Point nº 3 - 15k: 1:03:53

Check-Point nº 4 - 19.4k: 1:22:46

Check-Point nº 5 - 20k: 1:25:24

Check-Point nº 6 - 20.2k: 1:26:11

Check-Point nº 7 - MM: 1:30:01

Check-Point nº 8 - 25k: 1:46:47

Check-Point nº 9 - 25.2k: 1:47:31

Check-Point nº 10 - 30k: 2:08:14

Check-Point nº 11 - 35k: 2:34:36

Check-Point nº 12 - 40k: 3:03:48

Check-Point nº 13 - 41.1k: 3:09:52

