



YOU WILL NEVER RUN ALONE

## Diploma

**MIGUEL BASTOS**

Race number: 3625 | Gender: M

Nationality: PORTUGAL

Club:

Place: 466

Age Group: M20

Place Age Group: 114

Time (iliquid): 3:21:12

Pace: 0:04:46

Time (liquid): 3:20:32

Check-Point nº 1 - 5k: 0:22:46

Check-Point nº 2 - 10k: 0:44:43

Check-Point nº 3 - 15k: 1:06:36

Check-Point nº 4 - 19.4k: 1:29:49

Check-Point nº 5 - 20k: 1:32:55

Check-Point nº 6 - 20.2k: 1:33:44

Check-Point nº 7 - MM: 1:37:55

Check-Point nº 8 - 25k: 1:55:40

Check-Point nº 9 - 25.2k: 1:56:27

Check-Point nº 10 - 30k: 2:18:26

Check-Point nº 11 - 35k: 2:41:23

Check-Point nº 12 - 40k: 3:07:51

Check-Point nº 13 - 41.1k: 3:15:09

