



YOU WILL NEVER RUN ALONE

Diploma

MIGUEL LAGRIFA

Race number: 1322 | Gender: M

Nationality: PORTUGAL

Club: EDP C

Place: 1441

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

