



YOU WILL NEVER RUN ALONE

Diploma

MIGUEL CASEIRO

Race number: 539 | Gender: M

Nationality: PORTUGAL

Club: LOBOS DO MONT RUM

Place: 394

Age Group: M40

Place Age Group: 80

Time (iliquid): 3:17:28

Pace: 0:04:41

Time (liquid): 3:17:07

Check-Point nº 1 - 5k: 0:22:10

Check-Point nº 2 - 10k: 0:44:03

Check-Point nº 3 - 15k: 1:06:00

Check-Point nº 4 - 19.4k: 1:25:29

Check-Point nº 5 - 20k: 1:28:11

Check-Point nº 6 - 20.2k: 1:28:58

Check-Point nº 7 - MM: 1:33:13

Check-Point nº 8 - 25k: 1:51:32

Check-Point nº 9 - 25.2k: 1:52:19

Check-Point nº 10 - 30k: 2:15:55

Check-Point nº 11 - 35k: 2:40:28

Check-Point nº 12 - 40k: 3:06:04

Check-Point nº 13 - 41.1k: 3:12:03

