



**YOU WILL NEVER RUN ALONE**

Diploma

**RICARDO FREITAS**

Race number: 5720 | Gender: M

Nationality: PORTUGAL

Club:

Place: 3086

Age Group: M45

Place Age Group: 432

Time (iliquid): 4:48:21

Pace: 0:06:48

Time (liquid): 4:46:12

Check-Point nº 1 - 5k: 0:32:12

Check-Point nº 2 - 10k: 1:01:41

Check-Point nº 3 - 15k: 1:31:17

Check-Point nº 4 - 19.4k: 1:57:20

Check-Point nº 5 - 20k: 2:00:53

Check-Point nº 6 - 20.2k: 2:02:07

Check-Point nº 7 - MM: 2:07:46

Check-Point nº 8 - 25k: 2:31:31

Check-Point nº 9 - 25.2k: 2:32:36

Check-Point nº 10 - 30k: 3:03:59

Check-Point nº 11 - 35k: 3:40:32

Check-Point nº 12 - 40k: 4:26:53

Check-Point nº 13 - 41.1k: 4:40:17