



YOU WILL NEVER RUN ALONE

## Diploma

# RUI PARALVAS

Race number: 2659 | Gender: M

Nationality: PORTUGAL

Club:

Place: 1099

Age Group: M45

Place Age Group: 178

Time (iliquid): 3:43:32

Pace: 0:05:17

Time (liquid): 3:42:15

Check-Point nº 1 - 5k: 0:27:37

Check-Point nº 2 - 10k: 0:53:28

Check-Point nº 3 - 15k: 1:19:20

Check-Point nº 4 - 19.4k: 1:42:25

Check-Point nº 5 - 20k: 1:45:37

Check-Point nº 6 - 20.2k: 1:46:34

Check-Point nº 7 - MM: 1:51:22

Check-Point nº 8 - 25k: 2:12:08

Check-Point nº 9 - 25.2k: 2:13:04

Check-Point nº 10 - 30k: 2:38:39

Check-Point nº 11 - 35k: 3:05:09

Check-Point nº 12 - 40k: 3:31:59

Check-Point nº 13 - 41.1k: 3:38:10

