



YOU WILL NEVER RUN ALONE

Diploma

MIGUEL AMARAL

Race number: 5614 | Gender: M

Nationality: PORTUGAL

Club: RUN 4 FUN

Place: 1741

Age Group: M45

Place Age Group: 275

Time (iliquid): 4:00:19

Pace: 0:05:41

Time (liquid): 3:59:22

Check-Point nº 1 - 5k: 0:25:16

Check-Point nº 2 - 10k: 0:49:57

Check-Point nº 3 - 15k: 1:14:42

Check-Point nº 4 - 19.4k: 1:36:43

Check-Point nº 5 - 20k: 1:39:51

Check-Point nº 6 - 20.2k: 1:40:41

Check-Point nº 7 - MM: 1:45:26

Check-Point nº 8 - 25k: 2:06:23

Check-Point nº 9 - 25.2k: 2:07:18

Check-Point nº 10 - 30k: 2:35:21

Check-Point nº 11 - 35k: 3:06:10

Check-Point nº 12 - 40k: 3:43:14

Check-Point nº 13 - 41.1k: 3:53:24

