



YOU WILL NEVER RUN ALONE

Diploma

MARCOS PENELA CASTIÑEIRA

Race number: 1175 | Gender: M

Nationality: SPAIN

Club: CLUB FLUVIAL DE LUGO MONTE SEGADE

Place: 489

Age Group: M20

Place Age Group: 120

Time (iliquid): 3:22:36

Pace: 0:04:48

Time (liquid): 3:22:03

Check-Point nº 1 - 5k: 0:23:58

Check-Point nº 2 - 10k: 0:47:21

Check-Point nº 3 - 15k: 1:10:47

Check-Point nº 4 - 19.4k: 1:31:21

Check-Point nº 5 - 20k: 1:34:09

Check-Point nº 6 - 20.2k: 1:35:01

Check-Point nº 7 - MM: 1:39:18

Check-Point nº 8 - 25k: 1:57:52

Check-Point nº 9 - 25.2k: 1:58:46

Check-Point nº 10 - 30k: 2:21:56

Check-Point nº 11 - 35k: 2:46:11

Check-Point nº 12 - 40k: 3:11:32

Check-Point nº 13 - 41.1k: 3:17:28