

# Ponle Freno Badalona - 10K

26-04-2026

## Manel Real Ruiz

**Temps Oficial**

**0:45:09**

**Temps Real**

**0:45:08**

**Dorsal**

187

**Sexe**

M

**Categoria**

M

**Pos General**

177

**Pos Sexe**

163

**Pos Cat**

163

k5

0:22:25

10000m

0:45:08