

16a iFP Cursa Nocturna de  
L'Hospitalet - 10K  
16-05-2026

# Ruben Monmany Pulido

**Temps Oficial**  
**0:49:59**

**Temps Real**  
**0:48:44**

**Dorsal**  
4000

**Sexe**  
M

**Categoria**  
AduM

**Pos General**  
699

**Pos Sexe**  
657

**Pos Cat**  
298

k7  
0:30:56

10000m  
0:48:44