



**YOU WILL NEVER RUN ALONE**

### Diploma

# JOSAFAT DASSHENKA MEDINA MARTIN

Race number: 3220 | Gender: M  
Nationality: ESPANHA  
Club: CHIMBESQUE RUNNERS

Place: 3340      Age Group: M40      Place Age Group: 432

Time (iliquid): 5:03:41	Pace: 0:07:11	Time (liquid): 5:02:20
Check-Point nº 1 - 5k: 0:28:52	Check-Point nº 2 - 10k: 0:56:12	Check-Point nº 3 - 15k: 1:25:04
Check-Point nº 4 - 19.4k: 1:51:34	Check-Point nº 5 - 20k: 1:55:26	Check-Point nº 6 - 20.2k: 1:56:58
Check-Point nº 7 - MM: 2:02:52	Check-Point nº 8 - 25k: 2:29:33	Check-Point nº 9 - 25.2k: 2:31:20
Check-Point nº 10 - 30k: 3:09:13	Check-Point nº 11 - 35k: 3:58:15	Check-Point nº 12 - 40k: 4:44:20
Check-Point nº 13 - 41.1k: 4:54:56		