

# DIPLOMA

## INTERNATIONAL RUNNING CHALLENGE



Finisher

# Henry Vredendaal

N°

Race Number

280



Place

42

Sex



Timings

| Race Name           | Distance | Time     |
|---------------------|----------|----------|
| Adventure Run       | 10 km    | 00:39:41 |
| Ridge Run           | 13 km    | 00:59:03 |
| Beach Run           | 5 km     | 00:21:42 |
| La Vuelta de Tinajo | 21 km    | 01:32:40 |



Overall Time

03:33:05



Date

27-30  
November 2016

*Kenneth Gasque*

Race Director



10KM | 13KM | 5KM | 21KM