



TRAIL RUN PARADISE - ETAPA 4

PILAR - AL 1.5.2022

PARADISE

Sheyna Wane

TREINO DE EQUIPES JOSEFA DE MELO

Course : 6 KM SOLO FEMININO

Distance : 8000m (Climbing 204m)

Time : 1:39:13,132 (12'24"/km)

52/88

O.K.

[Full result on Webres](#)

- | | |
|---------------------------|-------------|
| 1. Rosa Amaro | 0:53:39,761 |
| 2. Alesirlandra Francisca | 0:54:19,449 |
| 3. Pantera Negra | 0:56:44,019 |

1.	81	01:05:57		4540m	14'32"/km	HIDRATAÇÃO 1 - DIV CATEGORIAS
2.	83	00:14:37	01:20:34	974m	15'00"/km	REENCONTRO CATEGORIAS
3.	999	00:18:39	01:39:13	2500m	7'28"/km	CHEGADA

HELGA



Orienteering Software