



TRAIL RUN PARADISE - ETAPA 4

PILAR - AL 1.5.2022

PARADISE

Silmara Gabriela

SEM EQUIPE

Course : 6 KM SOLO FEMININO

Distance : 8000m (Climbing 204m)

Time : 2:50:00,136 (21'15"/km)

81/88

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	01:58:06		4540m	26'01"/km	HIDRATAÇÃO 1 - DIV CATEGORIAS
2.	83	00:24:30	02:22:36	974m	25'09"/km	REENCONTRO CATEGORIAS
3.	999	00:27:24	02:50:00	2500m	10'58"/km	CHEGADA

HELGA



Orienteering Software