



TRAIL RUN PARADISE - ETAPA 4

PILAR - AL 1.5.2022

PARADISE

Josiene Dos Santos

CALDO FITNESS

Course : 12 KM SOLO FEMININO

Distance : 11300m (Climbing 255m)

Time : 1:17:37,855 (6'52"/km)

5/27

O.K.

[Full result on Webres](#)

1. Fernanda Maria	1:08:34,808
2. Maria De Fátima	1:13:22,171
3. Fatima Blaut	1:16:41,785

1.	81	00:37:39		4540m	8'18"/km	HIDRATAÇÃO 1 - DIV CATEGORIAS
2.	82	00:08:48	00:46:27	1510m	5'50"/km	RETORNO 12KM
3.	83	00:19:52	01:06:19	2800m	7'06"/km	REENCONTRO CATEGORIAS
4.	999	00:11:18	01:17:37	2500m	4'31"/km	CHEGADA

HELGA



Orienteering Software