



TRAIL RUN PARADISE - ETAPA 4

PILAR - AL 1.5.2022

PARADISE

Ronaldo Belo

ENDORFINA AL

Course : 12 KM SOLO MASCULINO 50-59

Distance : 11300m (Climbing 255m)

Time : 1:36:22,660 (8'32"/km)

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O.K.

[Full result on Webres](#)

1. Givaldo Matias	1:12:00,792
3. Lemos	1:39:47,019

1.	81	00:46:33		4540m	10'15"/km	HIDRATAÇÃO 1 - DIV CATEGORIAS
2.	82	00:11:25	00:57:58	1510m	7'34"/km	RETORNO 12KM
3.	83	00:22:09	01:20:07	2800m	7'55"/km	REENCONTRO CATEGORIAS
4.	999	00:16:15	01:36:22	2500m	6'30"/km	CHEGADA

HELGA



Orienteering Software