



TRAIL RUN PARADISE - ETAPA 8

SANTA LUZIA DO NORTE - AL 25.9.2022

PARADISE

Ricardo Valdemar

ALFA CURATIVO

Percurso : 12 KM SOLO MASCULINO

Distancia : 12000m (Desnivel 200m)

Tempo : 1:00:04,812 (5'00"/km)

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O.K.

[Resultados completos em Webres](#)

1. Carlos Gabriel	0:55:16,367
2. Jernan Viana	0:57:03,050
3. Antonio Gomes	0:58:14,703

1.	81	00:22:09		2000m	11'04"/km
2.	82	00:10:41	00:32:50	2000m	5'21"/km
3.	83	00:15:28	00:48:18	4000m	3'52"/km
4.	999	00:11:46	01:00:04	4000m	2'57"/km

HELGA



Orienteering Software