



TRAIL RUN PARADISE - ETAPA 2

MARECHAL DEODORO - AL 26.3.2023

TRAIL RUN PARADISE

Alexandre

Solo

Percurso : 12 KM SOLO MASCULINO

Distancia : 11600m (Desnivel 292m)

Tempo : 1:11:09,960 (6'08"/km)

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O.K.

[Resultados completos em Webres](#)

1. Ernande	1:04:22,457
2. Henrique	1:05:30,222
3. JADSON GOMES DOS SANTOS	1:07:44,882

1.	71	00:20:57		3590m	5'50"/km	DIVISAO DE CATEGORIAS
2.	72	00:10:05	00:31:02	2100m	4'48"/km	LOOP 12KM
3.	73	00:16:00	00:47:02	2020m	7'55"/km	RETORNO 12KM H2O -2
4.	72	00:12:32	00:59:34	2080m	6'02"/km	LOOP 12KM
5.	74	00:05:04	01:04:38	450m	11'16"/km	REENCONTRO CATEGORIAS
6.	999	00:06:31	01:11:09	1310m	4'58"/km	CHEGADA

