



# TRAIL RUN SIGNS - NO LIMITE - ETAPA 3

## UNIÃO DOS PALMARES - AL 30.7.2023

### NO LIMITE

**Carlos Mizael**

PALMARINOS AVENTUREIROS

Course : LIGHT TRAIL MASCULINO 50-59

Distance : 7220m (Climbing 432m)

Time : 0:52:19,785 (7'15"/km)

**4/21**

O.K.

[Full result on Webres](#)

- |                         |             |
|-------------------------|-------------|
| 1. PAULO ROBERTO        | 0:50:09,886 |
| 2. Moacir José Da Silva | 0:51:25,046 |
| 3. Sebastião Ferreira   | 0:51:41,703 |

|    |     |          |          |       |          |                       |
|----|-----|----------|----------|-------|----------|-----------------------|
| 1. | 73  | 00:18:38 |          | 2550m | 7'18"/km | IGREJA                |
| 2. | 72  | 00:22:45 | 00:41:23 | 3000m | 7'35"/km | DIVISÃO DE CATEGORIAS |
| 3. | 999 | 00:10:56 | 00:52:19 | 1760m | 6'13"/km | CHEGADA               |

HELGA



Orienteering Software