



TRAIL RUN PARADISE - ETAPA 3

SANTA LUZIA DO NORTE - AL 7.7.2024

TRAIL RUN PARADISE

Jonathan Messias

INDIV.

Course : 12 KM SOLO MASCULINO 30-39

Distance : 9400m (Climbing 286m)

Time : 1:14:08,410 (7'53"/km)

3/11

O.K.

[Full result on Webres](#)

- | | |
|------------|-------------|
| 1. Pierre | 1:06:09,132 |
| 2. Ronaldo | 1:12:03,687 |

1.	71	00:12:34		1980m	6'21"/km	DIVISÃO DE CATGORIAS
2.	73	00:31:26	00:44:00	4290m	7'20"/km	RETORNO 12KM
3.	999	00:30:08	01:14:08	3080m	9'47"/km	CHEGADA

