



4º GIRO DO GORDINHO MARIBONDO - AL 8.9.2024 GIRO DO GORDINHO

Edvanio Avelino

Equipe 3+ Sporting

assessoria/NutriMax/Herones ferreira

Nutricionista sportivo

Strecke : MASTER A2

Länge : 44000m (Steigung 400m)

Zeit : 1:12:21,546 (36,49 km/h)

7/8

O.K.

[Vollständige Ergebnisse auf Webres](#)

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|-------------------------|-------------|
| 1. Jan Pierre Arapiraca | 1:04:42,773 |
| 2. Bruno Lyra | 1:04:43,078 |
| 3. José Elionaldo | 1:04:59,085 |

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|----|-----|----------|----------|------------|----------------|-------------------|
| 1. | 71 | 00:17:21 | 11000m | 38.04 km/h | RETORNO ANADIA | |
| 2. | 72 | 00:16:58 | 00:34:19 | 11000m | 38.90 km/h | RETORNO MARIBONDO |
| 3. | 71 | 00:21:00 | 00:55:19 | 11000m | 31.43 km/h | RETORNO ANADIA |
| 4. | 999 | 00:17:02 | 01:12:21 | 11000m | 38.75 km/h | CHEGADA |

