



HTR - TRAIL RUN - ETAPA 3

MAXARANGUAPE - RN 29.9.2024

HTR - TRAIL RUN

Treinador Geff

INSPIRE ASSESSORIA ESPORTIVA

Course : SOLO FAST MASCULINO 30-39

Distance : 6450m (Climbing 142m)

Time : 0:40:47,445 (6'19"/km)

3/14

O.K.

[Full result on Webres](#)

- | | |
|------------------|-------------|
| 1. Gustavo | 0:37:08,121 |
| 2. Nilton Bigode | 0:38:40,785 |

1.	71	00:08:43		1850m	4'43"/km	INICIO DO DESAFIO
2.	72	00:11:01	00:19:44	950m	11'36"/km	FIM DO DESAFIO
3.	74	00:09:19	00:29:03	1700m	5'29"/km	RETORNO 5KM
4.	999	00:11:44	00:40:47	1940m	6'03"/km	CHEGADA

