



HTR - TRAIL RUN - ETAPA 3

MAXARANGUAPE - RN 29.9.2024

HTR - TRAIL RUN

Alexsandro

STUDIO PRO BEACH RUNNING

Course : SOLO FAST MASCULINO 30-39

Distance : 6450m (Climbing 142m)

Time : 0:50:53,234 (7'53"/km)

8/14

O.K.

[Full result on Webres](#)

1. Gustavo	0:37:08,121
2. Nilton Bigode	0:38:40,785
3. Treinador Geff	0:40:47,445

1.	71	00:10:41		1850m	5'46"/km	INICIO DO DESAFIO
2.	72	00:12:58	00:23:39	950m	13'39"/km	FIM DO DESAFIO
3.	74	00:11:52	00:35:31	1700m	6'59"/km	RETORNO 5KM
4.	999	00:15:22	00:50:53	1940m	7'55"/km	CHEGADA

