



TRAIL RUN PARADISE - ETAPA 1

SATUBA - AL 26.1.2025

PARADISE

Milton E Regina

Caroá

Course : 12 KM DUPLA MISTA

Distance : 11500m (Climbing 347m)

Time : 1:39:26,828 (8'39"/km)

3/7

O.K.

[Full result on Webres](#)

1. Vanessa & Jalmir
2. Giselia E Jairo

1:18:25,203
1:35:52,582

1.	72	00:24:19		4000m	6'05"/km	ENTRADA NA MATA
2.	73	00:20:12	00:44:31	1600m	12'37"/km	DIV CATEGORIAS
3.	74	00:25:49	01:10:20	2700m	9'34"/km	RETORNO 12KM
4.	999	00:29:06	01:39:26	3170m	9'11"/km	CHEGADA

HELGA



Orienteering Software