



TRAIL RUN PARADISE - ETAPA 2

MACEIÓ - AL 30.3.2025

PARADISE

Saranghae

saranghae

Percurso : 6 KM DUPLA MISTA

Distancia : 6630m (Desnivel 187m)

Tempo : 4:29:42,082 (40'41"/km)

32/42

O.K.

[Resultados completos em Webres](#)

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|-------------------------------|-------------|
| 1. Leide Laura E Júnior Lúcio | 4:02:54,265 |
| 2. Junior E Ana | 4:06:15,089 |
| 3. Rose E Jhon | 4:06:59,519 |

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|----|-----|----------|----------|-------|------------|
| 1. | 73 | 00:16:56 | | 2000m | 8'28"/km |
| 2. | 71 | 00:10:39 | 00:27:35 | 1000m | 10'39"/km |
| 3. | 72 | 00:22:00 | 00:49:35 | 2000m | 11'00"/km |
| 4. | 999 | 03:40:07 | 04:29:42 | 1000m | 220'07"/km |

HELGA



Orienteering Software