



TRAIL RUN PARADISE - ETAPA 2

MACEIÓ - AL 30.3.2025

PARADISE

Helber Gomes

Arábia

Circuit : 6 KM SOLO MASCULINO 30-39

Distance : 6630m (Dénivelé 187m)

Temps : 4:21:38,210 (39'28"/km)

25/37

O.K.

[Résultats complets sur Webres](#)

1. Emerson Lemos	3:57:46,558
2. Rodrigo Henrique	3:59:32,101
3. Yuri Amaral	4:00:09,933

1.	73	00:13:46		2000m	6'53"/km
2.	71	00:09:08	00:22:54	1000m	9'08"/km
3.	72	00:20:24	00:43:18	2000m	10'12"/km
4.	999	03:38:20	04:21:38	1000m	218'20"/km

HELGA



Orienteering Software