



TRAIL RUN PARADISE - ETAPA 2

MACEIÓ - AL 30.3.2025

PARADISE

Cris E Lucas

Prontonet

Omloop : 6 KM DUPLA MISTA

Afstand : 6630m (Hoogteverschil 187m)

Tijd : 4:38:52,937 (42'04"/km)

39/42

O.K.

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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 | 00:20:50 | | 2000m | 10'25"/km |
| 2. | 71 | 00:10:32 | 00:31:22 | 1000m | 10'32"/km |
| 3. | 72 | 00:26:02 | 00:57:24 | 2000m | 13'01"/km |
| 4. | 999 | 03:41:28 | 04:38:52 | 1000m | 221'28"/km |

HELGA



Orienteering Software