



## TRAIL RUN PARADISE - ETAPA 2

### MACEIÓ - AL 30.3.2025

### PARADISE

**Lean E Nayara**

TOP RUNNING

Strecke : 12 KM DUPLA MISTA

Länge : 10900m (Steigung 449m)

Zeit : 5:24:16,398 (29'45"/km)

**8/11**

O.K.

[Vollständige Ergebnisse auf Webres](#)

- |                     |             |
|---------------------|-------------|
| 1. Vanessa & Jalmir | 4:47:34,316 |
| 2. Barbosa E Gomes  | 4:58:01,531 |
| 3. Regina E Milton  | 5:04:53,906 |

|    |     |          |          |       |            |
|----|-----|----------|----------|-------|------------|
| 1. | 73  | 00:14:28 |          | 2000m | 7'14"/km   |
| 2. | 71  | 00:06:41 | 00:21:09 | 1000m | 6'41"/km   |
| 3. | 72  | 00:47:00 | 01:08:09 | 2000m | 23'30"/km  |
| 4. | 73  | 00:21:11 | 01:29:20 | 1000m | 21'11"/km  |
| 5. | 999 | 03:54:56 | 05:24:16 | 1000m | 234'56"/km |

HELGA



Orienteering Software