

# CERTIFICADO

TRAIL LONGO



PARABÉNS!

**NOME ATLETA**

**NIDIA V ALADARES**

**TEMPO FINAL**

**02:59:30**

**GERAL**

**183°**

**ESCALÃO**

**10°**

**TEMPO CHIP**

**02:59:14**

**MÉDIA KM**

**00:08:09**



PROZIS



**2019**