

# CERTIFICADO

TRAIL LONGO



PARABÉNS!

**NOME ATLETA**

**CARLOS ALMEIDA**

**TEMPO FINAL**

**03:18:08**

**GERAL**

**217°**

**ESCALÃO**

**54°**

**TEMPO CHIP**

**03:17:41**

**MÉDIA KM**

**00:09:00**



PROZIS



**2019**