

# CERTIFICADO

TRAIL LONGO



PARABÉNS!

**NOME ATLETA**

**NELSON BASTOS**

**TEMPO FINAL**

**03:02:33**

**GERAL**

**184°**

**ESCALÃO**

**30°**

**TEMPO CHIP**

**03:02:01**

**MÉDIA KM**

**00:08:17**



PROZIS



**2019**