



Grinduro Japan
Hakuba / 08.10.2023

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Seino, Itsuomi

□□□: 1:09:12.49

□□: 162

Grinduro

□□□□□: 152 (of 378)

□□□□□□: 35:17.67

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□□□□□: 53(of 119)

Men 41-50

□□□□□□□: 39:13.70

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| | □□ | - | - | □□□ | □□□ | □□ | - | - | □□□ | □□□ |
| Stage 1 | 20:59.05 | 42 | 6:58.50 | 119 | 10:25.87 | 20:59.05 | 42 | 6:58.50 | 119 | 10:25.87 |
| Stage 2 | 7:37.04 | 70 | 3:35.77 | 208 | 3:46.47 | 28:36.09 | 52 | 10:34.27 | 140 | 13:52.48 |
| Stage 3 | 6:36.93 | 60 | 2:06.98 | 166 | 2:32.96 | 35:13.02 | 48 | 12:10.23 | 129 | 15:00.75 |
| Stage 4 | 33:59.47 | 64 | 23:44.69 | 196 | 23:44.69 | 1:09:12.49 | 53 | 29:58.79 | 152 | 33:54.82 |