



Grinduro Japan  
Hakuba / 08.10.2023

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MATSUNAGA, SHITAROU

□□□: 45:01.52

□□: 195

Grinduro

□□□□□: 20 (of 378)

□□□□□□: 35:17.67

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□□□□□: 4(of 119)

Men 41-50

□□□□□□□: 39:13.70

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|---------|----------|----|---------|-----|---------|----------|----|---------|-----|---------|
|         | □□       | -  | -       | □□□ | □□□     | □□       | -  | -       | □□□ | □□□     |
| Stage 1 | 18:16.24 | 20 | 4:15.69 | 54  | 7:43.06 | 18:16.24 | 20 | 4:15.69 | 54  | 7:43.06 |
| Stage 2 | 4:46.96  | 9  | 0:45.69 | 23  | 0:56.39 | 23:03.20 | 16 | 5:01.38 | 48  | 8:19.59 |
| Stage 3 | 4:29.95  | 1  | -       | 3   | 0:25.98 | 27:33.15 | 10 | 4:30.36 | 31  | 7:20.88 |
| Stage 4 | 17:28.37 | 3  | 7:13.59 | 22  | 7:13.59 | 45:01.52 | 4  | 5:47.82 | 20  | 9:43.85 |