



Grinduro Japan
Hakuba / 08.10.2023

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Ishihara, Tomomi

□□□: 1:15:47.10

□□: 270

Grinduro

□□□□□: 179 (of 378)

□□□□□□: 35:17.67

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□□□□□: 7 (of 23)

Women 41-50

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Stage 1	27:50.68	9	8:47.33	236	17:17.50	27:50.68	9	8:47.33	236	17:17.50
Stage 2	7:47.89	11	2:21.83	218	3:57.32	35:38.57	8	11:09.16	218	20:54.96
Stage 3	8:04.90	12	2:25.65	236	4:00.93	43:43.47	9	13:15.78	206	23:31.20
Stage 4	32:03.63	7	8:34.22	180	21:48.85	1:15:47.10	7	20:14.38	179	40:29.43