



# TRAIL RUN PARADISE - ETAPA 3

## SANTA LUZIA DO NORTE - AL 7.7.2024

### TRAIL RUN PARADISE

**Iran**

TRAIL RUN PARADISE

Course : 6 KM SOLO MASCULINO

Distance : 6000m (Climbing 180m)

Time : 0:46:05,804 (7'41"/km)

**40/115**

O.K.

[Full result on Webres](#)

- |                |             |
|----------------|-------------|
| 1. Natongo     | 0:29:02,855 |
| 2. Lukas Ramos | 0:31:03,453 |
| 3. Allef       | 0:32:26,734 |

|    |     |          |          |       |           |                       |
|----|-----|----------|----------|-------|-----------|-----------------------|
| 1. | 71  | 00:14:27 |          | 1980m | 7'18"/km  | DIVISÃO DE CATEGORIAS |
| 2. | 72  | 00:01:37 | 00:16:04 | 160m  | 10'06"/km | RETORNO 6KM           |
| 3. | 999 | 00:30:01 | 00:46:05 | 2800m | 10'43"/km | CHEGADA               |

