



# TRAIL RUN PARADISE - ETAPA 3

## SANTA LUZIA DO NORTE - AL 7.7.2024

### TRAIL RUN PARADISE

**Gilvan**

TRAIL RUN PARADISE

Omloop : 6 KM SOLO MASCULINO

Afstand : 6000m (Hoogteverschil 180m)

Tijd : 0:48:13,128 (8'02"/km)

**44/115**

O.K.

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

|    |     |          |          |       |           |                       |
|----|-----|----------|----------|-------|-----------|-----------------------|
| 1. | 71  | 00:14:23 |          | 1980m | 7'16"/km  | DIVISÃO DE CATEGORIAS |
| 2. | 72  | 00:01:43 | 00:16:06 | 160m  | 10'44"/km | RETORNO 6KM           |
| 3. | 999 | 00:32:07 | 00:48:13 | 2800m | 11'28"/km | CHEGADA               |

