



TRAIL RUN PARADISE - ETAPA 3

SANTA LUZIA DO NORTE - AL 7.7.2024

TRAIL RUN PARADISE

Guilmer

VAMO SIMBORA RUN

Circuit : 6 KM SOLO MASCULINO

Distance : 6000m (Dénivelé 180m)

Temps : 1:41:23,304 (16'54"/km)

106/115

O.K.

[Résultats complets sur Webres](#)

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

1.	71	00:27:33		1980m	13'55"/km	DIVISÃO DE CATGORIAS
2.	72	00:03:46	00:31:19	160m	23'32"/km	RETORNO 6KM
3.	999	01:10:04	01:41:23	2800m	25'01"/km	CHEGADA

