



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Ivanildo De Lima Lima

SUPERAÇÃO RUNNER

Omloop : 6 KM SOLO MASCULINO

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 0:35:50,519 (5'21"/km)

4/122

O.K.

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- | | |
|----------------------------|-------------|
| 1. Carlos André Dos Santos | 0:32:58,609 |
| 2. Lucas Ramos | 0:34:25,121 |
| 3. Elibelton | 0:35:48,367 |

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|----|-----|----------|----------|----------|--------------------------|
| 1. | 75 | 00:30:28 | 5600m | 5'26"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:05:22 | 00:35:50 | 1100m | 4'53"/km |
- CHEGADA

