



# TRAIL RUN PARADISE - ETAPA 4

## RECANTO VERDE 22.9.2024

### TRAIL RUN PARADISE

**Jamesson Rafael**

LOUCOS ADVENTURE

Omloop : 6 KM SOLO MASCULINO

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 0:49:55,328 (7'27"/km)

**51/122**

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 |

- |    |     |          |          |          |                          |         |
|----|-----|----------|----------|----------|--------------------------|---------|
| 1. | 75  | 00:43:03 | 5600m    | 7'41"/km | RETORNO 6KM - REENCONTRO |         |
| 2. | 999 | 00:06:52 | 00:49:55 | 1100m    | 6'15"/km                 | CHEGADA |

