



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

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FORÇA E SUPERAÇÃO

Omloop : 6 KM SOLO MASCULINO

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:04:24,003 (9'37"/km)

83/122

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 | 00:55:12 | 5600m | 9'51"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:09:12 | 01:04:24 | 1100m | 8'22"/km | CHEGADA |

