



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

JOAO MARCOS

INDIV.

Omloop : 6 KM SOLO MASCULINO

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:09:38,578 (10'24"/km)

98/122

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 | 00:59:46 | 5600m | 10'40"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:09:52 01:09:38 | 1100m | 8'58"/km | CHEGADA |

