



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Iolanda E Rafa

Edson Lourenço

Omloop : 6 KM DUPLA MISTA

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:10:52,304 (10'35"/km)

14/28

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-------------------------|-------------|
| 1. Taty E Xande | 0:48:45,089 |
| 2. Ana Vitoria E Junior | 0:50:16,101 |
| 3. Mari E Lucas | 0:54:42,804 |

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|----|-----|-------------------|-------|-----------|--------------------------|
| 1. | 75 | 01:01:33 | 5600m | 10'59"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:09:19 01:10:52 | 1100m | 8'28"/km | CHEGADA |

