



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

José Roberto Da Silva Silva

SUPERAÇÃO RUNNER

Circuit : 12 KM SOLO MASCULINO

Distance : 11500m (Dénivelé 360m)

Temps : 0:57:59,210 (5'03"/km)

4/62

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------------|-------------|
| 1. Pita Ciclista Corredor | 0:52:58,316 |
| 2. Jackson Pereira | 0:54:38,304 |
| 3. Junior Carvalho | 0:54:41,878 |

1.	74	00:42:54		8300m	5'10"/km	RETORNO 12KM - H2O
2.	75	00:09:31	00:52:25	2200m	4'20"/km	RETORNO 6KM - REENCONTRO
3.	999	00:05:34	00:57:59	1100m	5'04"/km	CHEGADA

