



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

RICARDO VALDEMAR DOS SANTOS

SHAKEDASEBÁ

Omloop : 12 KM SOLO MASCULINO

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:03:01,234 (5'29"/km)

9/62

O.K.

[Volledige uitslagen op Webres](#)

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

1.	74	00:46:14		8300m	5'34"/km	RETORNO 12KM - H2O
2.	75	00:10:50	00:57:04	2200m	4'55"/km	RETORNO 6KM - REENCONTRO
3.	999	00:05:57	01:03:01	1100m	5'25"/km	CHEGADA

