



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Jonathan Messias Da Silva Santos
Santos

BISONHOS

Omloop : 12 KM SOLO MASCULINO

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:09:37,714 (6'03"/km)

19/62

O.K.

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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	00:50:27		8300m	6'05"/km	RETORNO 12KM - H2O
2.	75	00:12:42	01:03:09	2200m	5'46"/km	RETORNO 6KM - REENCONTRO
3.	999	00:06:28	01:09:37	1100m	5'53"/km	CHEGADA

