

TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

MARCOS PAULO

INDIV.

Omloop : 12 KM SOLO MASCULINO

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:24:23,769 (7'20"/km)

37/62

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 |

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 01:03:19 | | 8300m | 7'38"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:13:09 | 01:16:28 | 2200m | 5'59"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:07:55 | 01:24:23 | 1100m | 7'12"/km | CHEGADA |

