



# TRAIL RUN PARADISE - ETAPA 4

## RECANTO VERDE 22.9.2024

### TRAIL RUN PARADISE

**José Wilson Oliveira**

PANTERA RUNNING

Omloop : 12 KM SOLO MASCULINO

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:30:48,496 (7'54"/km)

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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  | 01:06:29 |          | 8300m | 8'01"/km | RETORNO 12KM - H2O       |
| 2. | 75  | 00:14:45 | 01:21:14 | 2200m | 6'42"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:09:34 | 01:30:48 | 1100m | 8'42"/km | CHEGADA                  |

