



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Maria E BENEDITO VIEIRA

SEM EQUIPE

Omloop : 12 KM DUPLA MISTA

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:19:20,984 (6'54"/km)

3/18

O.K.

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|---------------------------|-------------|
| 1. CRISTIANE / GALEGUINHO | 1:15:42,425 |
| 2. Leandro E Cássia | 1:19:05,937 |

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 00:58:34 | | 8300m | 7'03"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:13:07 | 01:11:41 | 2200m | 5'58"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:07:39 | 01:19:20 | 1100m | 6'57"/km | CHEGADA |

