



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Eli/aline

SEM EQUIPE

Omloop : 12 KM DUPLA MISTA

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:19:45,691 (6'56"/km)

4/18

O.K.

[Volledige uitslagen op Webres](#)

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|----------------------------|-------------|
| 1. CRISTIANE / GALEGUINHO | 1:15:42,425 |
| 2. Leandro E Cássia | 1:19:05,937 |
| 3. Maria E BENEDITO VIEIRA | 1:19:20,984 |

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 00:59:44 | | 8300m | 7'12"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:12:58 | 01:12:42 | 2200m | 5'54"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:07:03 | 01:19:45 | 1100m | 6'25"/km | CHEGADA |

