



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Jooibison E Sil Ninja

SURIKATO

Omloop : 12 KM DUPLA MISTA

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:22:13,855 (7'09"/km)

5/18

O.K.

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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 | 01:00:56 | | 8300m | 7'20"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:14:35 | 01:15:31 | 2200m | 6'38"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:06:42 | 01:22:13 | 1100m | 6'05"/km | CHEGADA |

