



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Fatima E Edson

Edson Lourenço

Omloop : 12 KM DUPLA MISTA

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:22:52,589 (7'12"/km)

6/18

O.K.

[Volledige uitslagen op Webres](#)

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

- | | | | | | | |
|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 01:01:10 | | 8300m | 7'22"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:13:57 | 01:15:07 | 2200m | 6'20"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:07:45 | 01:22:52 | 1100m | 7'03"/km | CHEGADA |

