



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Manu E Marcos

SEM EQUIPE

Omloop : 12 KM DUPLA MISTA

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 2:25:32,671 (12'39"/km)

18/18

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 | 01:49:28 | 8300m | 13'11"/km | RETORNO 12KM - H2O | |
| 2. | 75 | 00:22:18 | 02:11:46 | 2200m | 10'08"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:13:46 | 02:25:32 | 1100m | 12'31"/km | CHEGADA |

