



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Cloves E Rafael

MUTUM

Omloop : 12 KM DUPLA MASCULINA

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 0:57:49,746 (5'02"/km)

1/16

O.K.

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| 2. Moura/william | 1:02:43,179 |
| 3. Os Sonhadores | 1:07:47,734 |

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 00:42:37 | | 8300m | 5'08"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:09:29 | 00:52:06 | 2200m | 4'19"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:05:43 | 00:57:49 | 1100m | 5'12"/km | CHEGADA |

