



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Os Manos

EL TEAM

Course : 12 KM DUPLA MASCULINA

Distance : 11500m (Climbing 360m)

Time : 1:10:53,812 (6'10"/km)

4/16

O.K.

[Full result on Webres](#)

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|--------------------|-------------|
| 1. Cloves E Rafael | 0:57:49,746 |
| 2. Moura/william | 1:02:43,179 |
| 3. Os Sonhadores | 1:07:47,734 |

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 00:52:58 | | 8300m | 6'23"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:11:54 | 01:04:52 | 2200m | 5'25"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:06:01 | 01:10:53 | 1100m | 5'28"/km | CHEGADA |

