



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Ronaldo E Jalmir

FORÇA E SUPERAÇÃO

Omloop : 12 KM DUPLA MASCULINA

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:17:49,609 (6'46"/km)

7/16

O.K.

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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 | 00:47:22 | | 8300m | 5'42"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:10:17 | 00:57:39 | 2200m | 4'40"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:20:10 | 01:17:49 | 1100m | 18'20"/km | CHEGADA |

