



# TRAIL RUN PARADISE - ETAPA 4

## RECANTO VERDE 22.9.2024

### TRAIL RUN PARADISE

**Josivan E Fabrício**

MOTIVA RUNING

Course : 12 KM DUPLA MASCULINA

Distance : 11500m (Climbing 360m)

Time : 1:29:02,375 (7'45"/km)

**9/16**

O.K.

[Full result on Webres](#)

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

- |    |     |          |          |       |          |                          |
|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74  | 01:06:51 |          | 8300m | 8'03"/km | RETORNO 12KM - H2O       |
| 2. | 75  | 00:13:17 | 01:20:08 | 2200m | 6'02"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:08:54 | 01:29:02 | 1100m | 8'05"/km | CHEGADA                  |

