



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Christian / Edeildo

SELVA RIO LARGO ADVENTURE

Course : 12 KM DUPLA MASCULINA

Distance : 11500m (Climbing 360m)

Time : 1:36:44,171 (8'25"/km)

12/16

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 | 01:12:17 | | 8300m | 8'43"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:14:41 | 01:26:58 | 2200m | 6'40"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:09:46 | 01:36:44 | 1100m | 8'53"/km | CHEGADA |

