



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

José Leonardo

LAGOAZEDA RUNNING

Omloop : 6 KM SOLO MASCULINO 18-29

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 0:44:01,070 (6'34"/km)

6/32

O.K.

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|----------------------------------|-------------|
| 1. MAX DUAN | 0:38:36,406 |
| 2. Cauã Jean Ferreira Dos Santos | 0:39:13,445 |
| 3. Jose Alesson | 0:39:13,558 |

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|----|-----|-------------------|-------|----------|--------------------------|
| 1. | 75 | 00:37:28 | 5600m | 6'41"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:06:33 00:44:01 | 1100m | 5'57"/km | CHEGADA |

