



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Lucas Matheus Ferreira Da Silva

FORÇA E SUPERAÇÃO

Omloop : 6 KM SOLO MASCULINO 18-29

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:04:24,003 (9'37"/km)

18/32

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 | 00:55:12 | 5600m | 9'51"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:09:12 | 01:04:24 | 1100m | 8'22"/km | CHEGADA |

