



# TRAIL RUN PARADISE - ETAPA 4

## RECANTO VERDE 22.9.2024

### TRAIL RUN PARADISE

**José Júlio Lira Cirino**

SEM EQUIPE

Omloop : 6 KM SOLO MASCULINO 18-29

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:06:11,234 (9'53"/km)

**19/32**

O.K.

[Volledige uitslagen op Webres](#)

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

- |    |     |          |          |           |                          |         |
|----|-----|----------|----------|-----------|--------------------------|---------|
| 1. | 75  | 00:58:09 | 5600m    | 10'23"/km | RETORNO 6KM - REENCONTRO |         |
| 2. | 999 | 00:08:02 | 01:06:11 | 1100m     | 7'18"/km                 | CHEGADA |

