



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Washington Castro

PANTERA RUNNING

Omloop : 6 KM SOLO MASCULINO 18-29

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:19:26,160 (11'51"/km)

26/32

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 | 01:07:02 | 5600m | 11'58"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:12:24 01:19:26 | 1100m | 11'16"/km | CHEGADA |

