



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Daniel César

YAKUZA

Omloop : 6 KM SOLO MASCULINO 30-39

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:05:05,886 (9'43"/km)

20/29

O.K.

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- | | |
|----------------------------------|-------------|
| 1. Eziel Gomes De Oliveira Filho | 0:36:53,960 |
| 2. Marcos Mendonça Da Silva | 0:37:43,097 |
| 3. José Allef De Melo Omena | 0:38:42,664 |

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|----|-----|----------|----------|-----------|--------------------------|---------|
| 1. | 75 | 00:56:44 | 5600m | 10'08"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:08:21 | 01:05:05 | 1100m | 7'35"/km | CHEGADA |

