



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Lula Lopes

TEAM JONH MORAES

Omloop : 6 KM SOLO MASCULINO 30-39

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:09:11,878 (10'20"/km)

21/29

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 | 01:00:17 | 5600m | 10'46"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:08:54 | 01:09:11 | 1100m | 8'05"/km | CHEGADA |

