



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Paulo Jorge De Lima

SUPERAÇÃO RUNNER

Omloop : 6 KM SOLO MASCULINO 40-49

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 0:45:36,019 (6'48"/km)

7/33

O.K.

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- | | |
|--------------------------------------|-------------|
| 1. Elias Rego Marques | 0:37:53,507 |
| 2. Joanathann Simões Souto De Moraes | 0:38:06,500 |
| 3. Ivanildo Dos Santos Silva Santos | 0:41:51,714 |

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|----|-----|----------|----------|----------|--------------------------|
| 1. | 75 | 00:38:36 | 5600m | 6'54"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:07:00 | 00:45:36 | 1100m | 6'22"/km |
- CHEGADA

