



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Marcos Costa

SEM EQUIPE

Omloop : 6 KM SOLO MASCULINO 40-49

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:30:47,855 (13'33"/km)

30/33

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 | 01:17:46 | 5600m | 13'53"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:13:01 | 01:30:47 | 1100m | 11'50"/km | CHEGADA |

