



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

José Araujo

NSA

Course : 6 KM SOLO MASCULINO 50-59

Distance : 6700m (Climbing 300m)

Time : 1:03:17,734 (9'27"/km)

14/20

O.K.

[Full result on Webres](#)

- | | |
|--------------------------|-------------|
| 1. Ernande Alves De Lima | 0:38:26,945 |
| 2. Marcelo Carvalho | 0:39:34,804 |
| 3. Eronaldo Dos Santos | 0:40:37,628 |

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|----|-----|----------|----------|----------|--------------------------|---------|
| 1. | 75 | 00:55:18 | 5600m | 9'53"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:07:59 | 01:03:17 | 1100m | 7'15"/km | CHEGADA |

