



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

MARCOS HENRIQUE

10TEMIDOS

Omloop : 6 KM SOLO MASCULINO 50-59

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:37:54,972 (14'37"/km)

18/20

O.K.

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|--------------------------|-------------|
| 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 | 01:23:46 | 5600m | 14'58"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:14:08 | 01:37:54 | 1100m | 12'51"/km |
- CHEGADA

