



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Fj & Ju

CROSS EXPERIENCE SERRARIA

Omloop : 6 KM DUPLA MASCULINA

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:00:12,878 (8'59"/km)

11/18

O.K.

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|-------------------------------|-------------|
| 1. Corre Paixão/corre Soldado | 0:34:40,925 |
| 2. Fabrício E Gabriel | 0:43:00,679 |
| 3. Júnior/ribeiro | 0:46:32,363 |

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|----|-----|----------|----------|----------|--------------------------|---------|
| 1. | 75 | 00:52:25 | 5600m | 9'22"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:07:47 | 01:00:12 | 1100m | 7'05"/km | CHEGADA |

