



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

José Willams Da Silva

KAMIKAZE ADVENTURE PILAR

Circuit : 12 KM SOLO MASCULINO 18-29

Distance : 11500m (Dénivelé 360m)

Temps : 1:11:14,640 (6'12"/km)

4/13

O.K.

[Résultats complets sur Webres](#)

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|---------------------------------|-------------|
| 1. Gabriel Dos Santos Isidoro | 1:01:59,367 |
| 2. Osvaldo Do Nascimento Santos | 1:04:21,441 |
| 3. Carlos Henrique | 1:06:40,664 |

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 00:53:07 | | 8300m | 6'24"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:12:10 | 01:05:17 | 2200m | 5'32"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:05:57 | 01:11:14 | 1100m | 5'25"/km | CHEGADA |

