



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

José Igor Sobreiro Barbosa

PANTERA RUNNING

Omloop : 12 KM SOLO MASCULINO 18-29

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:12:46,609 (6'20"/km)

5/13

O.K.

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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 | 00:53:40 | | 8300m | 6'28"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:12:38 | 01:06:18 | 2200m | 5'45"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:06:28 | 01:12:46 | 1100m | 5'53"/km | CHEGADA |

