



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Edinilson Oliveira

100 STRESS

Circuit : 12 KM SOLO MASCULINO 18-29

Distance : 11500m (Dénivelé 360m)

Temps : 1:19:00,500 (6'52"/km)

8/13

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------------------|-------------|
| 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 |

- | | | | | | | |
|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 00:56:37 | | 8300m | 6'49"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:13:34 | 01:10:11 | 2200m | 6'10"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:08:49 | 01:19:00 | 1100m | 8'01"/km | CHEGADA |

