



# TRAIL RUN PARADISE - ETAPA 4

## RECANTO VERDE 22.9.2024

### TRAIL RUN PARADISE

**MARCOS PAULO**

INDIV.

Omloop : 12 KM SOLO MASCULINO 18-29

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:24:23,769 (7'20"/km)

**9/13**

O.K.

[Volledige uitslagen op 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  | 01:03:19 |          | 8300m | 7'38"/km | RETORNO 12KM - H2O       |
| 2. | 75  | 00:13:09 | 01:16:28 | 2200m | 5'59"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:07:55 | 01:24:23 | 1100m | 7'12"/km | CHEGADA                  |

