



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Iran Guimarães

KAMIKAZE ADVENTURE PILAR

Omloop : 12 KM SOLO MASCULINO 18-29

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:29:25,785 (7'47"/km)

10/13

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 | 01:04:56 | | 8300m | 7'49"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:15:56 | 01:20:52 | 2200m | 7'15"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:08:33 | 01:29:25 | 1100m | 7'46"/km | CHEGADA |

