

TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Vitor Teles Teles

LIFESTYLERUNNING

Omloop : 12 KM SOLO MASCULINO 18-29

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:41:11,703 (8'48"/km)

11/13

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 | 01:18:17 | | 8300m | 9'26"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:13:17 | 01:31:34 | 2200m | 6'02"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:09:37 | 01:41:11 | 1100m | 8'45"/km | CHEGADA |

