



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Junior Carvalho

PADIMI MOTEL

Course : 12 KM SOLO MASCULINO 18-29

Distance : 11500m (Climbing 360m)

Time : 0:54:41,878 (4'45"/km)

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O.K.

[Full result on Webres](#)

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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 | 00:39:51 | | 8300m | 4'48"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:09:09 | 00:49:00 | 2200m | 4'10"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:05:41 | 00:54:41 | 1100m | 5'10"/km | CHEGADA |

HELGA



Orienteering Software