



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

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TRÍADE SAÚDE E PERFORMANCE

Omloop : 12 KM SOLO MASCULINO 30-39

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:10:23,066 (6'07"/km)

7/15

O.K.

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|---------------------------------------|-------------|
| 1. Jadson Gomes | 0:58:07,429 |
| 2. RICARDO VALDEMAR DOS SANTOS | 1:03:01,234 |
| 3. José Ronaldo Alves Da Silva Junior | 1:07:13,449 |

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 00:52:11 | | 8300m | 6'17"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:11:25 | 01:03:36 | 2200m | 5'11"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:06:47 | 01:10:23 | 1100m | 6'10"/km | CHEGADA |

