



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

CASSIO PERREIRA DA SILVA

INDIV.

Omloop : 12 KM SOLO MASCULINO 30-39

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:24:22,921 (7'20"/km)

9/15

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 | 01:03:39 | | 8300m | 7'40"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:13:03 | 01:16:42 | 2200m | 5'56"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:07:40 | 01:24:22 | 1100m | 6'58"/km | CHEGADA |

