



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Jamerson Viera De Lima

SEM EQUIPE

Course : 12 KM SOLO MASCULINO 30-39

Distance : 11500m (Climbing 360m)

Time : 1:26:38,621 (7'32"/km)

11/15

O.K.

[Full result on Webres](#)

- | | |
|---------------------------------------|-------------|
| 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 | 01:03:36 | | 8300m | 7'40"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:14:44 | 01:18:20 | 2200m | 6'42"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:08:18 | 01:26:38 | 1100m | 7'33"/km | CHEGADA |

