



# TRAIL RUN PARADISE - ETAPA 4

## RECANTO VERDE 22.9.2024

### TRAIL RUN PARADISE

**Jamerson Viera De Lima**

SEM EQUIPE

Omloop : 12 KM SOLO MASCULINO 30-39

Afstand : 11500m (Hoogteverschil 360m)

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

**11/15**

O.K.

[Volledige uitslagen op 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 |

- |    |     |          |          |          |                    |                          |
|----|-----|----------|----------|----------|--------------------|--------------------------|
| 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                  |

