



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Wendel Galdino

SEM EQUIPE

Omloop : 12 KM SOLO MASCULINO 30-39

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:29:58,664 (7'49"/km)

12/15

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 | 01:06:48 | | 8300m | 8'03"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:15:00 | 01:21:48 | 2200m | 6'49"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:08:10 | 01:29:58 | 1100m | 7'25"/km | CHEGADA |

