



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

José Ancelmo Santana Santana

LIFESTYLERUNNING ARAPIRACA

Circuit : 12 KM SOLO MASCULINO 30-39

Distance : 11500m (Dénivelé 360m)

Temps : 1:42:15,796 (8'53"/km)

14/15

O.K.

[Résultats complets sur 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 | 01:16:52 | | 8300m | 9'16"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:15:14 | 01:32:06 | 2200m | 6'55"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:10:09 | 01:42:15 | 1100m | 9'14"/km | CHEGADA |

