



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Wilton Vieira Silva

10TEMIDOS

Course : 12 KM SOLO MASCULINO 50-59

Distance : 11500m (Climbing 360m)

Time : 1:20:01,640 (6'57"/km)

4/13

O.K.

[Full result on Webres](#)

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|-------------------------|-------------|
| 1. LOBO SOLITARIO | 1:06:25,152 |
| 2. José Carlos Da Silva | 1:19:05,835 |
| 3. João Nascimento | 1:19:13,632 |

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 01:00:01 | | 8300m | 7'14"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:12:53 | 01:12:54 | 2200m | 5'51"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:07:07 | 01:20:01 | 1100m | 6'28"/km | CHEGADA |

