



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Olexsandro Rodrigues

CAÇA E PESCA

Circuit : 12 KM SOLO MASCULINO 50-59

Distance : 11500m (Dénivelé 360m)

Temps : 1:26:48,406 (7'33"/km)

7/13

O.K.

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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 | 01:05:50 | | 8300m | 7'56"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:13:11 | 01:19:01 | 2200m | 6'00"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:07:47 | 01:26:48 | 1100m | 7'05"/km | CHEGADA |

