



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

José Wilson Oliveira

PANTERA RUNNING

Omloop : 12 KM SOLO MASCULINO 50-59

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:30:48,496 (7'54"/km)

8/13

O.K.

[Volledige uitslagen op Webres](#)

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

- | | | | | | | |
|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 01:06:29 | | 8300m | 8'01"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:14:45 | 01:21:14 | 2200m | 6'42"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:09:34 | 01:30:48 | 1100m | 8'42"/km | CHEGADA |

