



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Hugo Bertho

SUPERGASBRAS

Omloop : 12 KM SOLO MASCULINO 50-59

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:56:48,625 (10'09"/km)

11/13

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 | 01:29:00 | | 8300m | 10'43"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:18:03 | 01:47:03 | 2200m | 8'12"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:09:45 | 01:56:48 | 1100m | 8'52"/km | CHEGADA |

