



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Jair Barbosa Junior E Santos

SHAKE DA SEBÁ

Omloop : 12 KM SOLO MASCULINO 50-59

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 2:51:54,210 (14'57"/km)

12/13

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 | 02:11:22 | 8300m | 15'50"/km | RETORNO 12KM - H2O | |
| 2. | 75 | 00:24:16 | 02:35:38 | 2200m | 11'02"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:16:16 | 02:51:54 | 1100m | 14'47"/km | CHEGADA |

