



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

José Roberto Da Silva Silva

SUPERAÇÃO RUNNER

Circuit : 12 KM SOLO MASCULINO 50-59

Distance : 11500m (Dénivelé 360m)

Temps : 0:57:59,210 (5'03"/km)

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O.K.

[Résultats complets sur 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 | 00:42:54 | 8300m | 5'10"/km | RETORNO 12KM - H2O | |
| 2. | 75 | 00:09:31 | 00:52:25 | 2200m | 4'20"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:05:34 | 00:57:59 | 1100m | 5'04"/km | CHEGADA |

