



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Adriano E Val

TUCUNARÉ ADVENTURE

Strecke : 12 KM DUPLA MISTA

Länge : 11500m (Steigung 360m)

Zeit : 1:23:09,867 (7'14"/km)

7/18

O.K.

[Vollständige Ergebnisse auf Webres](#)

- | | |
|----------------------------|-------------|
| 1. CRISTIANE / GALEGUINHO | 1:15:42,425 |
| 2. Leandro E Cássia | 1:19:05,937 |
| 3. Maria E BENEDITO VIEIRA | 1:19:20,984 |

- | | | | | | | |
|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 01:03:00 | | 8300m | 7'35"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:12:45 | 01:15:45 | 2200m | 5'48"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:07:24 | 01:23:09 | 1100m | 6'44"/km | CHEGADA |

