



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Os Manos

EL TEAM

Course : 12 KM DUPLA MASCULINA

Distance : 11500m (Climbing 360m)

Time : 1:10:53,812 (6'10"/km)

4/16

O.K.

[Full result on Webres](#)

- | | |
|--------------------|-------------|
| 1. Cloves E Rafael | 0:57:49,746 |
| 2. Moura/william | 1:02:43,179 |
| 3. Os Sonhadores | 1:07:47,734 |

1.	74	00:52:58		8300m	6'23"/km	RETORNO 12KM - H2O
2.	75	00:11:54	01:04:52	2200m	5'25"/km	RETORNO 6KM - REENCONTRO
3.	999	00:06:01	01:10:53	1100m	5'28"/km	CHEGADA

