



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Gilberto / Arlan

PANTERA RUNNING

Circuit : 12 KM DUPLA MASCULINA

Distance : 11500m (Dénivelé 360m)

Temps : 1:29:59,398 (7'49"/km)

10/16

O.K.

[Résultats complets sur Webres](#)

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

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 01:07:54 | | 8300m | 8'11"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:14:01 | 01:21:55 | 2200m | 6'22"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:08:04 | 01:29:59 | 1100m | 7'20"/km | CHEGADA |

