



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Thiago Franklyn / Júnior Bala

LIFESTYLE RUNNING ARAPIRACA

Omloop : 12 KM DUPLA MASCULINA

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:43:38,378 (9'01"/km)

14/16

O.K.

[Volledige uitslagen op 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 | 01:19:49 | 8300m | 9'37"/km | RETORNO 12KM - H2O | |
| 2. | 75 | 00:15:40 | 01:35:29 | 2200m | 7'07"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:08:09 | 01:43:38 | 1100m | 7'25"/km | CHEGADA |

