



# TRAIL RUN PARADISE - ETAPA 4

## RECANTO VERDE 22.9.2024

### TRAIL RUN PARADISE

**Gil & Jefinho**

ÉDEVAGARÉDEVAGARÉDEVAGARINHO

Circuit : 12 KM DUPLA MASCULINA

Distance : 11500m (Dénivelé 360m)

Temps : 1:59:16,183 (10'22"/km)

**15/16**

O.K.

[Résultats complets sur 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  | 01:33:11 |          | 8300m | 11'14"/km | RETORNO 12KM - H2O       |
| 2. | 75  | 00:15:21 | 01:48:32 | 2200m | 6'59"/km  | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:10:44 | 01:59:16 | 1100m | 9'45"/km  | CHEGADA                  |

