



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Gil & Jefinho

ÉDEVAGARÉDEVAGARÉDEVAGARINHO

Omloop : 12 KM DUPLA MASCULINA

Afstand : 11500m (Hoogteverschil 360m)

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

15/16

O.K.

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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 | 01:33:11 | 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 |

