



HTR - TRAIL RUN - ETAPA 1

AREZ - RN 23.3.2024

HTR - TRAIL RUN

Flávia Érica Pimentel Damasceno

RP treinamento esportivo

Percurso : SOLO FAST FEMININO 30-39

Distancia : 6350m (Desnivel 100m)

Tempo : 0:48:00,406 (7'34"/km)

4/7

O.K.

[Resultados completos em Webres](#)

- | | |
|--------------------------------------|-------------|
| 1. Raissa Medeiros | 0:42:10,257 |
| 2. Ana Duarte | 0:42:35,984 |
| 3. Luiza Gabriela Galvão De Medeiros | 0:43:25,410 |

1.	70	00:00:10		1m	166'40"/km
2.	72	00:22:33	00:22:43	2840m	7'56"/km
3.	73	00:06:03	00:28:46	560m	10'48"/km
4.	74	00:06:41	00:35:27	945m	7'04"/km
5.	999	00:12:33	00:48:00	2000m	6'17"/km

