



TRAIL RUN PARADISE - ETAPA 8

MARECHAL DEODORO - AL 17.12.2023

TRAIL RUN PARADISE

Vanessa Nolasco

GILDO COSTA ASSESSORIA ESPORTIVA

Course : 12 KM SOLO FEMININO 18-29

Distance : 11200m (Climbing 310m)

Time : 1:07:46,035 (6'03"/km)

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O.K.

[Full result on Webres](#)

1. Amanda	1:17:45,585
2. Ingrid	1:24:42,570
3. Nínive Beatriz V	1:27:50,132

1.	71	00:13:09		2980m	4'25"/km	DIVISÃO DE CATEGORIAS
2.	72	00:23:41	00:36:50	3950m	6'00"/km	RETORNO 12KM
3.	73	00:09:55	00:46:45	2110m	4'42"/km	REENCONTRO DE CATEGORIAS
4.	999	00:21:01	01:07:46	2020m	10'24"/km	CHEGADA

