



TRAIL RUN PARADISE - ETAPA 3

SANTA LUZIA DO NORTE - AL 7.7.2024

TRAIL RUN PARADISE

Giselia Efs

FORÇA E SUPERAÇÃO

Circuit : 6 KM SOLO FEMININO

Distance : 6000m (Dénivelé 180m)

Temps : 1:01:13,886 (10'12"/km)

36/115

O.K.

[Résultats complets sur Webres](#)

- | | |
|--------------------|-------------|
| 1. Ranubia Bit Bit | 0:33:16,683 |
| 2. Vanessa | 0:36:17,132 |
| 3. Dany | 0:40:00,359 |

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|----|-----|----------|----------|-------|-----------|----------------------|
| 1. | 71 | 00:17:49 | | 1980m | 9'00"/km | DIVISÃO DE CATGORIAS |
| 2. | 72 | 00:02:05 | 00:19:54 | 160m | 13'01"/km | RETORNO 6KM |
| 3. | 999 | 00:41:19 | 01:01:13 | 2800m | 14'45"/km | CHEGADA |

