



TRAIL RUN PARADISE - ETAPA 3

SANTA LUZIA DO NORTE - AL 7.7.2024

TRAIL RUN PARADISE

Nal

SUPERAÇÃO RUNNER

Course : 6 KM SOLO FEMININO 30-39

Distance : 6000m (Climbing 180m)

Time : 1:12:48,332 (12'08"/km)

14/28

O.K.

[Full result on Webres](#)

- | | |
|-----------------|-------------|
| 1. Karla França | 0:46:41,308 |
| 2. Gil Silva | 0:47:24,984 |
| 3. Lígia Barros | 0:50:01,906 |

1.	71	00:19:16		1980m	9'44"/km	DIVISÃO DE CATGORIAS
2.	72	00:02:35	00:21:51	160m	16'09"/km	RETORNO 6KM
3.	999	00:50:57	01:12:48	2800m	18'12"/km	CHEGADA

