



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Laurice Samara

SOLO

Circuit : 6 KM SOLO FEMININO

Distance : 6700m (Dénivelé 300m)

Temps : 0:55:07,230 (8'14"/km)

6/122

O.K.

[Résultats complets sur Webres](#)

- | | |
|------------------------|-------------|
| 1. Vanessa Nolasco | 0:39:35,468 |
| 2. Daniela Silva | 0:44:15,964 |
| 3. Neuza Candido Silva | 0:49:37,050 |

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|----|-----|----------|----------|----------|--------------------------|---------|
| 1. | 75 | 00:47:20 | 5600m | 8'27"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:07:47 | 00:55:07 | 1100m | 7'05"/km | CHEGADA |

