



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Gil Silva

LIFESTYLE RUNNING

Omloop : 6 KM SOLO FEMININO

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:03:00,425 (9'24"/km)

20/122

O.K.

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- | | |
|------------------------|-------------|
| 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 | 00:55:02 | 5600m | 9'50"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:07:58 | 01:03:00 | 1100m | 7'15"/km | CHEGADA |

