



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Lyvia Carolina

SEM EQUIPE

Circuit : 6 KM SOLO FEMININO

Distance : 6700m (Dénivelé 300m)

Temps : 1:10:54,203 (10'35"/km)

36/122

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 | 01:01:28 | 5600m | 10'59"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:09:26 | 01:10:54 | 1100m | 8'35"/km |
- CHEGADA

