



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Adriana Márcia Marinho Da Silva

PANTERA RUNNING

Circuit : 6 KM SOLO FEMININO

Distance : 6700m (Dénivelé 300m)

Temps : 1:19:10,792 (11'49"/km)

52/122

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 |

- | | | | | | | |
|----|------------|----------|----------|-----------|--------------------------|---------|
| 1. | 75 | 01:06:57 | 5600m | 11'57"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:12:13 | 01:19:10 | 1100m | 11'06"/km | CHEGADA |

