



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Simone Cristina Nascimento Serafim

100 STRESS

Omloop : 6 KM SOLO FEMININO

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:21:02,101 (12'06"/km)

56/122

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 | 01:11:26 | 5600m | 12'45"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:09:36 | 01:21:02 | 1100m | 8'44"/km | CHEGADA |

