



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Sônia Rodrigues Souza Menezes

VIDA CORRIDA

Circuit : 6 KM SOLO FEMININO

Distance : 6700m (Dénivelé 300m)

Temps : 1:33:08,273 (13'54"/km)

75/122

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 | 01:19:31 | 5600m | 14'12"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:13:37 | 01:33:08 | 1100m | 12'23"/km | CHEGADA |

