



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Paula Amorim

CROSS EXPERIENCE SERRARIA

Circuit : 6 KM SOLO FEMININO

Distance : 6700m (Dénivelé 300m)

Temps : 1:44:36,234 (15'37"/km)

96/122

O.K.

[Résultats complets sur Webres](#)

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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 | 01:31:26 | 5600m | 16'20"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:13:10 | 01:44:36 | 1100m | 11'58"/km | CHEGADA |

