



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

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ML RUNNING

Omloop : 12 KM SOLO FEMININO

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:21:52,199 (7'07"/km)

4/37

O.K.

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|------------------------|-------------|
| 1. Leidivania Oliveira | 1:11:49,652 |
| 2. Edjane Silva | 1:12:45,367 |
| 3. Fátima Xavier | 1:12:45,785 |

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 01:01:51 | | 8300m | 7'27"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:12:45 | 01:14:36 | 2200m | 5'48"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:07:16 | 01:21:52 | 1100m | 6'36"/km | CHEGADA |

