



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Luciana Barbosa Da Silva

SEM EQUIPE

Circuit : 12 KM SOLO FEMININO

Distance : 11500m (Dénivelé 360m)

Temps : 1:37:18,234 (8'28"/km)

14/37

O.K.

[Résultats complets sur Webres](#)

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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 | 01:12:52 | | 8300m | 8'47"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:14:54 | 01:27:46 | 2200m | 6'46"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:09:32 | 01:37:18 | 1100m | 8'40"/km | CHEGADA |

