



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Aida Katia Rocha Santos Santos

SALADA DE FRUTAS

Omloop : 12 KM SOLO FEMININO

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:50:18,128 (9'35"/km)

24/37

O.K.

[Volledige uitslagen op Webres](#)

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

- | | | | | | | |
|----|-----|----------|----------|-------|-----------|--------------------------|
| 1. | 74 | 01:24:35 | | 8300m | 10'11"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:15:37 | 01:40:12 | 2200m | 7'06"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:10:06 | 01:50:18 | 1100m | 9'11"/km | CHEGADA |

