



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Angela Vieira De Melo Barbosa

SHAKE DA SEBA

Omloop : 12 KM SOLO FEMININO

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 2:51:55,816 (14'57"/km)

34/37

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 | 02:11:07 | 8300m | 15'48"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:24:33 02:35:40 | 2200m | 11'10"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:16:15 02:51:55 | 1100m | 14'46"/km | CHEGADA |

