



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Maria Veronica De Santana Araujo

LIONS

Omloop : 12 KM SOLO FEMININO

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 3:06:25,914 (16'13"/km)

37/37

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 | 02:25:30 | 8300m | 17'32"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:25:11 02:50:41 | 2200m | 11'27"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:15:44 03:06:25 | 1100m | 14'18"/km | CHEGADA |

