



# TRAIL RUN PARADISE - ETAPA 4

## RECANTO VERDE 22.9.2024

### TRAIL RUN PARADISE

**Adryelle E Monike**

LIFE STYLE

Circuit : 12 KM DUPLA FEMININA

Distance : 11500m (Dénivelé 360m)

Temps : 1:36:07,906 (8'21"/km)

**1/8**

O.K.

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|                 |             |
|-----------------|-------------|
| 2. Josi / Nice  | 1:43:36,089 |
| 3. Thays / Sara | 1:52:23,511 |

|    |     |          |          |       |          |                          |
|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74  | 01:13:11 |          | 8300m | 8'49"/km | RETORNO 12KM - H2O       |
| 2. | 75  | 00:13:57 | 01:27:08 | 2200m | 6'20"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:08:59 | 01:36:07 | 1100m | 8'10"/km | CHEGADA                  |

