



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Thays / Sara

PANTERA RUNNING

Course : 12 KM DUPLA FEMININA

Distance : 11500m (Climbing 360m)

Time : 1:52:23,511 (9'46"/km)

3/8

O.K.

[Full result on Webres](#)

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|----------------------|-------------|
| 1. Adryelle E Monike | 1:36:07,906 |
| 2. Josi / Nice | 1:43:36,089 |

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|----|-----|----------|----------|-------|-----------|--------------------------|
| 1. | 74 | 01:24:12 | | 8300m | 10'09"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:17:34 | 01:41:46 | 2200m | 7'59"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:10:37 | 01:52:23 | 1100m | 9'39"/km | CHEGADA |

