



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Juliana E Valões

LIFESTYLE RUNNING ARAPIRACA

Course : 12 KM DUPLA MISTA

Distance : 11500m (Climbing 360m)

Time : 1:43:48,796 (9'02"/km)

12/18

O.K.

[Full result on Webres](#)

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|----------------------------|-------------|
| 1. CRISTIANE / GALEGUINHO | 1:15:42,425 |
| 2. Leandro E Cássia | 1:19:05,937 |
| 3. Maria E BENEDITO VIEIRA | 1:19:20,984 |

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 01:18:28 | | 8300m | 9'27"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:15:28 | 01:33:56 | 2200m | 7'02"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:09:52 | 01:43:48 | 1100m | 8'58"/km | CHEGADA |

