



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Rikele Alves

PANTERA RUNNING

Omloop : 6 KM SOLO FEMININO 18-29

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:14:46,984 (11'10"/km)

11/19

O.K.

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- | | |
|---------------------------------|-------------|
| 1. Elane Marques | 0:57:55,550 |
| 2. Háysa Nayara Carlos Patrício | 0:58:00,261 |
| 3. Wdirlene Vitória S Lamenha | 0:58:12,015 |

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|----|-----|----------|----------|-----------|--------------------------|
| 1. | 75 | 01:05:44 | 5600m | 11'44"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:09:02 | 01:14:46 | 1100m | 8'13"/km |
- CHEGADA

