



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Liliane Maria Da Silva Bezerra

PANTERA RUNNING

Omloop : 6 KM SOLO FEMININO 18-29

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:42:37,742 (15'19"/km)

18/19

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 | 01:30:28 | 5600m | 16'09"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:12:09 | 01:42:37 | 1100m | 11'03"/km | CHEGADA |

