



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Gil Silva

LIFESTYLE RUNNING

Course : 6 KM SOLO FEMININO 30-39

Distance : 6700m (Climbing 300m)

Time : 1:03:00,425 (9'24"/km)

2/34

O.K.

[Full result on Webres](#)

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|---------------------------|-------------|
| 1. Gabriela Silva Barbosa | 0:58:30,863 |
| 3. Lidiane Silva | 1:04:56,710 |

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|----|-----|-------------------|-------|----------|--------------------------|
| 1. | 75 | 00:55:02 | 5600m | 9'50"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:07:58 01:03:00 | 1100m | 7'15"/km | CHEGADA |

