



# TRAIL RUN PARADISE - ETAPA 4

## RECANTO VERDE 22.9.2024

### TRAIL RUN PARADISE

**Márcia Dos Santos Santos**

ML RUNNING

Circuit : 6 KM SOLO FEMININO 30-39

Distance : 6700m (Dénivelé 300m)

Temps : 1:14:19,621 (11'06"/km)

**10/34**

O.K.

[Résultats complets sur Webres](#)

- |                           |             |
|---------------------------|-------------|
| 1. Gabriela Silva Barbosa | 0:58:30,863 |
| 2. Gil Silva              | 1:03:00,425 |
| 3. Lidiane Silva          | 1:04:56,710 |

- |    |     |          |          |           |                          |         |
|----|-----|----------|----------|-----------|--------------------------|---------|
| 1. | 75  | 01:05:45 | 5600m    | 11'44"/km | RETORNO 6KM - REENCONTRO |         |
| 2. | 999 | 00:08:34 | 01:14:19 | 1100m     | 7'47"/km                 | CHEGADA |

