



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Márcia Dos Santos Santos

ML RUNNING

Omloop : 6 KM SOLO FEMININO 30-39

Afstand : 6700m (Hoogteverschil 300m)

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

10/34

O.K.

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

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|----|-----|----------|----------|-----------|--------------------------|---------|
| 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 |

