



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Paula Amorim

CROSS EXPERIENCE SERRARIA

Circuit : 6 KM SOLO FEMININO 30-39

Distance : 6700m (Dénivelé 300m)

Temps : 1:44:36,234 (15'37"/km)

23/34

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 |

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|----|-----|----------|----------|-----------|--------------------------|
| 1. | 75 | 01:31:26 | 5600m | 16'20"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:13:10 | 01:44:36 | 1100m | 11'58"/km |
- CHEGADA

