



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Silmara Farias

CIRCUITO DE RUA MENOS E MAIS

Course : 6 KM SOLO FEMININO 30-39

Distance : 6700m (Climbing 300m)

Time : 1:46:50,121 (15'57"/km)

25/34

O.K.

[Full result on 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	01:33:29	5600m	16'42"/km	RETORNO 6KM - REENCONTRO
2.	999	00:13:21 01:46:50	1100m	12'08"/km	CHEGADA

