



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Silmara Farias

CIRCUITO DE RUA MENOS E MAIS

Omloop : 6 KM SOLO FEMININO 30-39

Afstand : 6700m (Hoogteverschil 300m)

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

25/34

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

