



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Catarina Amélia Maciel Santos

Amélia

SEM EQUIPE

Omloop : 6 KM SOLO FEMININO 30-39

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:52:02,996 (16'43"/km)

28/34

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 | 01:39:12 | 5600m | 17'43"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:12:50 | 01:52:02 | 1100m | 11'40"/km | CHEGADA |

