



# TRAIL RUN PARADISE - ETAPA 4

## RECANTO VERDE 22.9.2024

### TRAIL RUN PARADISE

**Girlaine Da Silva**

SHAKEDASEBÁ

Omloop : 6 KM SOLO FEMININO 30-39

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 2:08:46,152 (19'13"/km)

**31/34**

O.K.

[Volledige uitslagen op 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  | 01:49:47 | 5600m    | 19'36"/km | RETORNO 6KM - REENCONTRO |         |
| 2. | 999 | 00:18:59 | 02:08:46 | 1100m     | 17'15"/km                | CHEGADA |

