



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Laurice Samara

SOLO

Circuit : 6 KM SOLO FEMININO 40-49

Distance : 6700m (Dénivelé 300m)

Temps : 0:55:07,230 (8'14"/km)

1/39

O.K.

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|--------------------|-------------|
| 2. Lucineide Souza | 0:57:29,148 |
| 3. Maria Guarino | 0:58:21,519 |

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|----|-----|-------------------|-------|----------|--------------------------|
| 1. | 75 | 00:47:20 | 5600m | 8'27"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:07:47 00:55:07 | 1100m | 7'05"/km | CHEGADA |

