



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Odylia Bezerra

ML RUNNING

Omloop : 6 KM SOLO FEMININO 40-49

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:15:48,148 (11'19"/km)

9/39

O.K.

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|--------------------|-------------|
| 1. Laurice Samara | 0:55:07,230 |
| 2. Lucineide Souza | 0:57:29,148 |
| 3. Maria Guarino | 0:58:21,519 |

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|----|-----|-------------------|-------|-----------|--------------------------|
| 1. | 75 | 01:05:19 | 5600m | 11'40"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:10:29 01:15:48 | 1100m | 9'32"/km | CHEGADA |

