



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Adriana Márcia Marinho Da Silva

PANTERA RUNNING

Omloop : 6 KM SOLO FEMININO 40-49

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:19:10,792 (11'49"/km)

11/39

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 | 01:06:57 | 5600m | 11'57"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:12:13 | 01:19:10 | 1100m | 11'06"/km | CHEGADA |

