



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Gil Carlos

10TEMIDOS

Omloop : 6 KM SOLO FEMININO 40-49

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 2:45:02,273 (24'38"/km)

37/39

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 | 02:19:39 | 5600m | 24'56"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:25:23 | 02:45:02 | 1100m | 23'05"/km | CHEGADA |

