



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Cicera Maria Conceição

100 STRESS

Omloop : 6 KM SOLO FEMININO 50-59

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:13:50,496 (11'01"/km)

7/22

O.K.

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|-------------------------------------|-------------|
| 1. Maria Regina Batista De Oliveira | 0:57:27,527 |
| 2. Silvana Alves | 1:05:37,230 |
| 3. Maria De Fátima P Ramos | 1:08:11,500 |

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|----|-----|----------|----------|-----------|--------------------------|
| 1. | 75 | 01:04:32 | 5600m | 11'31"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:09:18 | 01:13:50 | 1100m | 8'27"/km |
- CHEGADA

