



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Elisângela Cordeiro

LOUCOS ADVENTURE

Omloop : 6 KM SOLO FEMININO 50-59

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:44:38,324 (15'37"/km)

19/22

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 | 01:31:24 | 5600m | 16'19"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:13:14 01:44:38 | 1100m | 12'02"/km | CHEGADA |

