



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Gracenilda

PALMARINOS AVENTUREIROS

Circuit : 6 KM SOLO FEMININO 50-59

Distance : 6700m (Dénivelé 300m)

Temps : 2:05:25,191 (18'43"/km)

20/22

O.K.

[Résultats complets sur Webres](#)

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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 | 01:48:43 | 5600m | 19'25"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:16:42 | 02:05:25 | 1100m | 15'11"/km | CHEGADA |

