



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Rosilda Oliveira

ML RUNNING

Circuit : 6 KM SOLO FEMININO 60+

Distance : 6700m (Dénivelé 300m)

Temps : 1:15:58,546 (11'20"/km)

4/8

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------------|-------------|
| 1. Luzinete Campos | 0:59:09,214 |
| 2. Creuza Júlia | 1:01:59,210 |
| 3. Maria Do Carmo De Lima | 1:12:03,714 |

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|----|-----|----------|----------|-----------|--------------------------|
| 1. | 75 | 01:05:20 | 5600m | 11'40"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:10:38 | 01:15:58 | 1100m | 9'40"/km |
- CHEGADA

