



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Edleuza Silva

ML RUNNING

Circuit : 6 KM SOLO FEMININO 60+

Distance : 6700m (Dénivelé 300m)

Temps : 1:17:28,324 (11'34"/km)

5/8

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 |

- | | | | | | | |
|----|-----|----------|----------|-----------|--------------------------|---------|
| 1. | 75 | 01:06:36 | 5600m | 11'54"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:10:52 | 01:17:28 | 1100m | 9'53"/km | CHEGADA |

