



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Edleuza Silva

ML RUNNING

Omloop : 6 KM SOLO FEMININO 60+

Afstand : 6700m (Hoogteverschil 300m)

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

5/8

O.K.

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

