



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Sônia Rodrigues Souza Menezes

VIDA CORRIDA

Circuit : 6 KM SOLO FEMININO 60+

Distance : 6700m (Dénivelé 300m)

Temps : 1:33:08,273 (13'54"/km)

6/8

O.K.

[Résultats complets sur Webres](#)

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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 | 01:19:31 | 5600m | 14'12"/km | RETORNO 6KM - REENCONTRO |
| 2. | 999 | 00:13:37 01:33:08 | 1100m | 12'23"/km | CHEGADA |

