



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

CARMEM LUCIA E CAMILLA

INDIV.

Omloop : 6 KM DUPLA MISTA

Afstand : 6700m (Hoogteverschil 300m)

Tijd : 1:33:42,867 (13'59"/km)

21/28

O.K.

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|-------------------------|-------------|
| 1. Taty E Xande | 0:48:45,089 |
| 2. Ana Vitoria E Junior | 0:50:16,101 |
| 3. Mari E Lucas | 0:54:42,804 |

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|----|------------|----------|----------|-----------|--------------------------|---------|
| 1. | 75 | 01:21:02 | 5600m | 14'28"/km | RETORNO 6KM - REENCONTRO | |
| 2. | 999 | 00:12:40 | 01:33:42 | 1100m | 11'31"/km | CHEGADA |

