



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Amanda Aléxia

KAMIKAZE ADVENTURE PILAR

Circuit : 12 KM SOLO FEMININO 18-29

Distance : 11500m (Dénivelé 360m)

Temps : 1:37:11,531 (8'27"/km)

3/7

O.K.

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|-------------------------------|-------------|
| 1. Sãn Sobreira | 1:26:27,773 |
| 2. Alessandra Dantas Monteiro | 1:28:46,425 |

1.	74	01:12:06		8300m	8'41"/km	RETORNO 12KM - H2O
2.	75	00:15:46	01:27:52	2200m	7'10"/km	RETORNO 6KM - REENCONTRO
3.	999	00:09:19	01:37:11	1100m	8'28"/km	CHEGADA

