

TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Jeniff Emanuela

KAMIKAZE ADVENTURE PILAR

Omloop : 12 KM SOLO FEMININO 18-29

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 2:31:31,582 (13'11"/km)

7/7

O.K.

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|-------------------------------|-------------|
| 1. Sãn Sobreira | 1:26:27,773 |
| 2. Alessandra Dantas Monteiro | 1:28:46,425 |
| 3. Amanda Aléxia | 1:37:11,531 |

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|----|-----|----------|----------|-----------|--------------------|--------------------------|
| 1. | 74 | 01:57:31 | 8300m | 14'10"/km | RETORNO 12KM - H2O | |
| 2. | 75 | 00:19:41 | 02:17:12 | 2200m | 8'57"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:14:19 | 02:31:31 | 1100m | 13'01"/km | CHEGADA |

