



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Luciana Barbosa Da Silva

SEM EQUIPE

Circuit : 12 KM SOLO FEMININO 30-39

Distance : 11500m (Dénivelé 360m)

Temps : 1:37:18,234 (8'28"/km)

2/8

O.K.

[Résultats complets sur Webres](#)

- | | |
|--------------------------------|-------------|
| 1. Giseli Costa | 1:29:10,695 |
| 3. Maria Cicera De Souza Silva | 1:52:01,746 |

1.	74	01:12:52		8300m	8'47"/km	RETORNO 12KM - H2O
2.	75	00:14:54	01:27:46	2200m	6'46"/km	RETORNO 6KM - REENCONTRO
3.	999	00:09:32	01:37:18	1100m	8'40"/km	CHEGADA

