



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Luciana Barbosa Da Silva

SEM EQUIPE

Omloop : 12 KM SOLO FEMININO 30-39

Afstand : 11500m (Hoogteverschil 360m)

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

2/8

O.K.

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

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|----|-----|----------|----------|-------|----------|--------------------------|
| 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 |

