



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

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KAMIKAZE ADVENTURE PILAR

Circuit : 12 KM SOLO FEMININO 30-39

Distance : 11500m (Dénivelé 360m)

Temps : 1:52:58,410 (9'49"/km)

4/8

O.K.

[Résultats complets sur Webres](#)

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|--------------------------------|-------------|
| 1. Giseli Costa | 1:29:10,695 |
| 2. Luciana Barbosa Da Silva | 1:37:18,234 |
| 3. Maria Cicera De Souza Silva | 1:52:01,746 |

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|----|-----|----------|----------|-------|-----------|--------------------------|
| 1. | 74 | 01:25:31 | | 8300m | 10'18"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:17:21 | 01:42:52 | 2200m | 7'53"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:10:06 | 01:52:58 | 1100m | 9'11"/km | CHEGADA |

