



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Cláudia Ramos Accioly Rabêlo

LOUCOS ADVENTURE

Course : 12 KM SOLO FEMININO 30-39

Distance : 11500m (Climbing 360m)

Time : 2:41:07,101 (14'01"/km)

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O.K.

[Full result on Webres](#)

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

1.	74	02:01:32		8300m	14'39"/km	RETORNO 12KM - H2O
2.	75	00:22:32	02:24:04	2200m	10'15"/km	RETORNO 6KM - REENCONTRO
3.	999	00:17:03	02:41:07	1100m	15'30"/km	CHEGADA

