



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Leidivania Oliveira

TRAIL RUN PARADISE

Course : 12 KM SOLO FEMININO 30-39

Distance : 11500m (Climbing 360m)

Time : 1:11:49,652 (6'15"/km)

--/8

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 | 00:54:11 | | 8300m | 6'32"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:11:05 | 01:05:16 | 2200m | 5'02"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:06:33 | 01:11:49 | 1100m | 5'57"/km | CHEGADA |

