



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

**Amanda Marcela Oliveira Dos Santos
Oliveira**

PADIMI MOTEL

Course : 12 KM SOLO FEMININO 40-49

Distance : 11500m (Climbing 360m)

Time : 1:38:03,476 (8'32"/km)

3/14

O.K.

[Full result on Webres](#)

- | | |
|--------------------------------|-------------|
| 1. Cal Japa | 1:33:36,898 |
| 2. Simone Maria Da Silva Maria | 1:35:14,015 |

1.	74	01:13:38		8300m	8'52"/km	RETORNO 12KM - H2O
2.	75	00:15:47	01:29:25	2200m	7'10"/km	RETORNO 6KM - REENCONTRO
3.	999	00:08:38	01:38:03	1100m	7'51"/km	CHEGADA

