



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Fernanda Canuto

EQUIPE BORA CORRER

Circuit : 12 KM SOLO FEMININO 40-49

Distance : 11500m (Dénivelé 360m)

Temps : 3:06:24,457 (16'13"/km)

10/14

O.K.

[Résultats complets sur Webres](#)

1. Cal Japa 1:33:36,898
2. Simone Maria Da Silva Maria 1:35:14,015
3. Amanda Marcela Oliveira Dos Santos Oliveira 1:38:43,476

1.	74	02:25:31		8300m	17'32"/km	RETORNO 12KM - H2O
2.	75	00:25:11	02:50:42	2200m	11'27"/km	RETORNO 6KM - REENCONTRO
3.	999	00:15:42	03:06:24	1100m	14'16"/km	CHEGADA

