



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

RITA LIMA

MUTUM

Omloop : 12 KM SOLO FEMININO 50-59

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:36:13,097 (8'22"/km)

2/5

O.K.

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|-------------------------------|-------------|
| 1. Aurizelia Lopes Dos Santos | 1:31:03,683 |
| 3. Jane Cleide Santos | 1:45:03,355 |

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 01:12:07 | | 8300m | 8'41"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:14:38 | 01:26:45 | 2200m | 6'39"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:09:28 | 01:36:13 | 1100m | 8'36"/km | CHEGADA |

