



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Jane Cleide Santos

ÁGUIA RUNNING

Circuit : 12 KM SOLO FEMININO 50-59

Distance : 11500m (Dénivelé 360m)

Temps : 1:45:03,355 (9'08"/km)

3/5

O.K.

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|-------------------------------|-------------|
| 1. Aurizelia Lopes Dos Santos | 1:31:03,683 |
| 2. RITA LIMA | 1:36:13,097 |

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 01:17:24 | | 8300m | 9'20"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:17:09 | 01:34:33 | 2200m | 7'48"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:10:30 | 01:45:03 | 1100m | 9'33"/km | CHEGADA |

