



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Aida Katia Rocha Santos Santos

SALADA DE FRUTAS

Omloop : 12 KM SOLO FEMININO 50-59

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 1:50:18,128 (9'35"/km)

4/5

O.K.

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|-------------------------------|-------------|
| 1. Aurizelia Lopes Dos Santos | 1:31:03,683 |
| 2. RITA LIMA | 1:36:13,097 |
| 3. Jane Cleide Santos | 1:45:03,355 |

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|----|-----|----------|----------|-------|-----------|--------------------------|
| 1. | 74 | 01:24:35 | | 8300m | 10'11"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:15:37 | 01:40:12 | 2200m | 7'06"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:10:06 | 01:50:18 | 1100m | 9'11"/km | CHEGADA |

