



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Horleyde Maria De Almeida

MQC

Strecke : 12 KM SOLO FEMININO 50-59

Länge : 11500m (Steigung 360m)

Zeit : 2:30:45,988 (13'07"/km)

5/5

O.K.

[Vollständige Ergebnisse auf Webres](#)

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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 | 01:49:13 | | 8300m | 13'10"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:23:43 | 02:12:56 | 2200m | 10'47"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:17:49 | 02:30:45 | 1100m | 16'12"/km | CHEGADA |

