



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Nelbi Oliveira

SEXO FRÁGIL

Course : 12 KM SOLO FEMININO 60+

Distance : 11500m (Climbing 360m)

Time : 1:46:24,406 (9'15"/km)

1/3

O.K.

[Full result on Webres](#)

2. Sebastiana Conceicao	2:02:35,386
3. Rosa Maria	2:41:06,519

1.	74	01:19:21		8300m	9'34"/km	RETORNO 12KM - H2O
2.	75	00:16:58	01:36:19	2200m	7'43"/km	RETORNO 6KM - REENCONTRO
3.	999	00:10:05	01:46:24	1100m	9'10"/km	CHEGADA

