



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Sebastiana Conceicao

SHAKEDASEBÂ

Course : 12 KM SOLO FEMININO 60+

Distance : 11500m (Climbing 360m)

Time : 2:02:35,386 (10'40"/km)

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O.K.

[Full result on Webres](#)

1. Nelbi Oliveira	1:46:24,406
3. Rosa Maria	2:41:06,519

1.	74	01:32:41		8300m	11'10"/km	RETORNO 12KM - H2O
2.	75	00:18:10	01:50:51	2200m	8'15"/km	RETORNO 6KM - REENCONTRO
3.	999	00:11:44	02:02:35	1100m	10'40"/km	CHEGADA

