



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Josi / Nice

LIONS OFF ROAD

Circuit : 12 KM DUPLA FEMININA

Distance : 11500m (Dénivelé 360m)

Temps : 1:43:36,089 (9'01"/km)

2/8

O.K.

[Résultats complets sur Webres](#)

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|----------------------|-------------|
| 1. Adryelle E Monike | 1:36:07,906 |
| 3. Thays / Sara | 1:52:23,511 |

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 01:18:25 | | 8300m | 9'27"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:15:08 | 01:33:33 | 2200m | 6'53"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:10:03 | 01:43:36 | 1100m | 9'08"/km | CHEGADA |

