



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Jura E Marijane

10TEMIDOS

Course : 12 KM DUPLA FEMININA

Distance : 11500m (Climbing 360m)

Time : 1:54:52,500 (9'59"/km)

4/8

O.K.

[Full result on Webres](#)

- | | |
|----------------------|-------------|
| 1. Adryelle E Monike | 1:36:07,906 |
| 2. Josi / Nice | 1:43:36,089 |
| 3. Thays / Sara | 1:52:23,511 |

- | | | | | | | |
|----|-----|----------|----------|-------|-----------|--------------------------|
| 1. | 74 | 01:27:44 | | 8300m | 10'34"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:17:25 | 01:45:09 | 2200m | 7'55"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:09:43 | 01:54:52 | 1100m | 8'50"/km | CHEGADA |

