



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Faby/ Michelle

VIDA CORRIDA

Course : 12 KM DUPLA FEMININA

Distance : 11500m (Climbing 360m)

Time : 1:57:51,148 (10'15"/km)

5/8

O.K.

[Full result on Webres](#)

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

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|----|-----|----------|----------|-------|-----------|--------------------------|
| 1. | 74 | 01:27:45 | | 8300m | 10'34"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:18:36 | 01:46:21 | 2200m | 8'27"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:11:30 | 01:57:51 | 1100m | 10'27"/km | CHEGADA |

