



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Amara/dominique

PILARRUNNING

Omloop : 12 KM DUPLA FEMININA

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 2:04:06,570 (10'47"/km)

6/8

O.K.

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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 | 01:28:54 | | 8300m | 10'43"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:20:03 | 01:48:57 | 2200m | 9'07"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:15:09 | 02:04:06 | 1100m | 13'46"/km | CHEGADA |

