



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Alynne / Gleyce

KAMIKAZE ADVENTURE PILAR

Omloop : 12 KM DUPLA FEMININA

Afstand : 11500m (Hoogteverschil 360m)

Tijd : 2:12:18,203 (11'30"/km)

8/8

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 | 01:37:59 | | 8300m | 11'48"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:20:39 | 01:58:38 | 2200m | 9'23"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:13:40 | 02:12:18 | 1100m | 12'25"/km | CHEGADA |

