



TRAIL RUN HTR - ETAPA 1

AREZ - RN 9.2.2025

TRAIL RUN HTR

Andrea Alexandre Ferreira

JM assessoria esportiva

Circuit : SOLO RACE FEMININO 40-49

Distance : 11500m (Dénivelé 237m)

Temps : 1:37:25,812 (8'28"/km)

5/10

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------------|-------------|
| 1. Pascale Helke | 1:21:21,757 |
| 2. Suellen Cristina Silva | 1:34:37,500 |
| 3. Sueli Martins | 1:35:03,753 |

1.	71	00:13:23		2140m	6'15"/km	ENTRADA NA MATA - H2O 1
2.	72	00:41:37	00:55:00	4780m	8'42"/km	RETORNO RACE - AÇUDE
3.	74	00:39:58	01:34:58	4120m	9'42"/km	TRILHA NA MATA - INICIO DESAFIO
4.	999	00:02:27	01:37:25	300m	8'10"/km	CHEGADA

