



## TRAIL RUN PARADISE - ETAPA 2

### MACEIÓ - AL 30.3.2025

### PARADISE

**Lila Plazo**

SEM EQUIPE

Percurso : 6 KM SOLO FEMININO

Distancia : 6630m (Desnivel 187m)

Tempo : 4:14:38,957 (38'24"/km)

**26/151**

O.K.

[Resultados completos em Webres](#)

- |                                |             |
|--------------------------------|-------------|
| 1. Amara Alves / PILAR RUNNING | 4:04:01,605 |
| 2. Widja Tenório               | 4:04:09,457 |
| 3. Juliana Cardoso             | 4:05:18,593 |

- |    |     |          |          |       |            |
|----|-----|----------|----------|-------|------------|
| 1. | 73  | 00:13:08 |          | 2000m | 6'34"/km   |
| 2. | 71  | 00:07:08 | 00:20:16 | 1000m | 7'08"/km   |
| 3. | 72  | 00:17:43 | 00:37:59 | 2000m | 8'51"/km   |
| 4. | 999 | 03:36:39 | 04:14:38 | 1000m | 216'39"/km |

HELGA



Orienteering Software