



TRAIL RUN PARADISE - ETAPA 2

MACEIÓ - AL 30.3.2025

PARADISE

Lidiane Da Silva

LIDIANE

Circuit : 6 KM SOLO FEMININO

Distance : 6630m (Dénivelé 187m)

Temps : 4:23:07,171 (39'41"/km)

51/151

O.K.

[Résultats complets sur Webres](#)

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

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|----|-----|----------|----------|-------|------------|
| 1. | 73 | 00:14:53 | | 2000m | 7'26"/km |
| 2. | 71 | 00:08:27 | 00:23:20 | 1000m | 8'27"/km |
| 3. | 72 | 00:21:42 | 00:45:02 | 2000m | 10'51"/km |
| 4. | 999 | 03:38:05 | 04:23:07 | 1000m | 218'05"/km |

HELGA



Orienteering Software