



TRAIL RUN PARADISE - ETAPA 2

MACEIÓ - AL 30.3.2025

PARADISE

Sônia Rodrigues Souza Menezes

VIDA CORRIDA

Circuit : 6 KM SOLO FEMININO

Distance : 6630m (Dénivelé 187m)

Temps : 4:24:07,001 (39'50"/km)

55/151

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 | 00:15:37 | | 2000m | 7'49"/km |
| 2. | 71 | 00:08:46 | 00:24:23 | 1000m | 8'46"/km |
| 3. | 72 | 00:21:32 | 00:45:55 | 2000m | 10'46"/km |
| 4. | 999 | 03:38:12 | 04:24:07 | 1000m | 218'12"/km |

