



TRAIL RUN PARADISE - ETAPA 2

MACEIÓ - AL 30.3.2025

PARADISE

Renata Santos Ferreira

FORÇA E SUPERAÇÃO

Circuit : 6 KM SOLO FEMININO

Distance : 6630m (Dénivelé 187m)

Temps : 4:31:10,273 (40'54"/km)

87/151

O.K.

[Résultats complets sur 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	00:16:53		2000m	8'26"/km
2.	71	00:10:27	00:27:20	1000m	10'27"/km
3.	72	00:22:36	00:49:56	2000m	11'18"/km
4.	999	03:41:14	04:31:10	1000m	221'14"/km

HELGA



Orienteering Software