



TRAIL RUN PARADISE - ETAPA 2

MACEIÓ - AL 30.3.2025

PARADISE

Maria De Lourdes Da Silva Santos

FORÇA E SUPERAÇÃO

Circuit : 6 KM SOLO FEMININO 50-59

Distance : 6630m (Dénivelé 187m)

Temps : 4:19:03,609 (39'04"/km)

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O.K.

[Résultats complets sur Webres](#)

1. Maria Anilda 4:18:34,316
3. Carmem Lucia Da Silva Oliveira Lucia 4:19:50,437

1.	73	00:13:04		2000m	6'32"/km
2.	71	00:07:28	00:20:32	1000m	7'28"/km
3.	72	00:19:33	00:40:05	2000m	9'47"/km
4.	999	03:38:58	04:19:03	1000m	218'58"/km

HELGA



Orienteering Software