



TRAIL RUN PARADISE - ETAPA 2

MACEIÓ - AL 30.3.2025

PARADISE

Sônia Rodrigues Souza Menezes

VIDA CORRIDA

Omloop : 6 KM SOLO FEMININO 60+

Afstand : 6630m (Hoogteverschil 187m)

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

4/13

O.K.

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|----|------------------------|-------------|
| 1. | Maria Do Carmo De Lima | 4:16:45,250 |
| 2. | Rosilda Oliveira | 4:21:21,386 |
| 3. | Edleuza Silva | 4:21:22,175 |

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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 |

