



TRAIL RUN PARADISE - ETAPA 2

MACEIÓ - AL 30.3.2025

PARADISE

Joselia Costa Alves Costa Alves

10TEMIDOS

Omloop : 6 KM SOLO FEMININO 60+

Afstand : 6630m (Hoogteverschil 187m)

Tijd : 4:29:35,015 (40'40"/km)

10/13

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 | 00:16:27 | | 2000m | 8'13"/km |
| 2. | 71 | 00:08:39 | 00:25:06 | 1000m | 8'39"/km |
| 3. | 72 | 00:22:28 | 00:47:34 | 2000m | 11'14"/km |
| 4. | 999 | 03:42:01 | 04:29:35 | 1000m | 222'01"/km |

HELGA



Orienteering Software