



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

Joelma

STUDIO RUAN BARROS

Course : 6 KM SOLO FEMININO

Distance : 7000m (Climbing 170m)

Time : 1:16:15,171 (10'54"/km)

18/65

O.K.

[Full result on Webres](#)

- | | |
|--------------------|-------------|
| 1. Wanessa Rainara | 0:48:52,390 |
| 2. Pantera. Negra | 0:49:14,578 |
| 3. Daniela Alves | 0:50:51,613 |

1.	71	00:18:40		3190m	5'51"/km	HIDRATAÇÃO 1
2.	72	00:26:10	00:44:50	1840m	14'13"/km	ENTRADA NA TRILHA
3.	999	00:31:25	01:16:15	2110m	14'53"/km	CHEGADA

HELGA



Orienteering Software