



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

Lanna

BOLA RUNNING

Course : 6 KM SOLO FEMININO

Distance : 7000m (Climbing 170m)

Time : 1:20:53,398 (11'33"/km)

20/65

O.K.

[Full result on Webres](#)

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

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|----|-----|----------|----------|-------|-----------|-------------------|
| 1. | 71 | 00:18:03 | | 3190m | 5'39"/km | HIDRATAÇÃO 1 |
| 2. | 72 | 00:29:28 | 00:47:31 | 1840m | 16'01"/km | ENTRADA NA TRILHA |
| 3. | 999 | 00:33:22 | 01:20:53 | 2110m | 15'49"/km | CHEGADA |

HELGA



Orienteering Software