



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

Roberto

SUPERAÇÃO RUNNER

Course : 6 KM SOLO MASCULINO

Distance : 7000m (Climbing 170m)

Time : 0:43:45,406 (6'15"/km)

8/71

O.K.

[Full result on Webres](#)

- | | |
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| 1. Tiago Braga | 0:35:12,714 |
| 2. Arnaldo Nenco | 0:40:05,335 |
| 3. Zé Carlos | 0:40:09,765 |

1.	71	00:11:01		3190m	3'27"/km	HIDRATAÇÃO 1
2.	72	00:16:16	00:27:17	1840m	8'50"/km	ENTRADA NA TRILHA
3.	999	00:16:28	00:43:45	2110m	7'48"/km	CHEGADA

HELGA



Orienteering Software