



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

Zacarias

VIDA CORRIDA

Course : 6 KM SOLO MASCULINO

Distance : 7000m (Climbing 170m)

Time : 0:54:34,183 (7'48"/km)

22/71

O.K.

[Full result on Webres](#)

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

1.	71	00:14:21		3190m	4'30"/km	HIDRATAÇÃO 1
2.	72	00:19:32	00:33:53	1840m	10'37"/km	ENTRADA NA TRILHA
3.	999	00:20:41	00:54:34	2110m	9'48"/km	CHEGADA

HELGA



Orienteering Software