



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

Arthur Nascimento

KAMIKAZE ADVENTURE PILAR

Course : 6 KM SOLO MASCULINO

Distance : 7000m (Climbing 170m)

Time : 0:57:23,570 (8'12"/km)

27/71

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	00:14:20		3190m	4'30"/km	HIDRATAÇÃO 1
2.	72	00:20:53	00:35:13	1840m	11'21"/km	ENTRADA NA TRILHA
3.	999	00:22:10	00:57:23	2110m	10'30"/km	CHEGADA

HELGA



Orienteering Software