



# TRAIL RUN PARADISE - ETAPA 10

## MACEIÓ - AL 11.12.2022

### PARADISE

**Iran**

#sofesta

Course : 6 KM SOLO MASCULINO

Distance : 7000m (Climbing 170m)

Time : 1:14:15,445 (10'36"/km)

**46/71**

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  | 00:18:18 |          | 3190m | 5'44"/km  | HIDRATAÇÃO 1      |
| 2. | 72  | 00:25:24 | 00:43:42 | 1840m | 13'48"/km | ENTRADA NA TRILHA |
| 3. | 999 | 00:30:33 | 01:14:15 | 2110m | 14'29"/km | CHEGADA           |

HELGA



Orienteering Software