



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

João Dos Montes

IAGUARA

Course : 6 KM SOLO MASCULINO

Distance : 7000m (Climbing 170m)

Time : 1:59:48,675 (17'07"/km)

67/71

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	00:26:33		3190m	8'19"/km	HIDRATAÇÃO 1
2.	72	00:33:59	01:00:32	1840m	18'28"/km	ENTRADA NA TRILHA
3.	999	00:59:16	01:59:48	2110m	28'05"/km	CHEGADA

HELGA



Orienteering Software