



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

Widja / Raiane

SUPERAÇÃO RUNNER

Course : 6 KM DUPLA FEMININA

Distance : 7000m (Climbing 170m)

Time : 1:02:19,183 (8'54"/km)

4/15

O.K.

[Full result on Webres](#)

- | | |
|---------------------------|-------------|
| 1. Tigresa / Kesia | 0:53:09,898 |
| 2. Rosa / Aparecida | 0:54:01,808 |
| 3. Marcinha / Mayra Pavan | 0:54:29,160 |

1.	71	00:13:38		3190m	4'16"/km	HIDRATAÇÃO 1
2.	72	00:19:02	00:32:40	1840m	10'21"/km	ENTRADA NA TRILHA
3.	999	00:29:39	01:02:19	2110m	14'03"/km	CHEGADA

HELGA



Orienteering Software