



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

Antônio

SEM EQUIPE

Course : 12 KM SOLO MASCULINO

Distance : 10000m (Climbing 270m)

Time : 0:59:46,753 (5'59"/km)

4/59

O.K.

[Full result on Webres](#)

1. José Flávio	0:54:32,882
2. Glaucino	0:56:53,070
3. Jernan Viana	0:57:33,394

1.	71	00:10:13		3190m	3'12"/km	HIDRATAÇÃO 1
2.	72	00:12:58	00:23:11	1840m	7'03"/km	ENTRADA NA TRILHA
3.	74	00:32:12	00:55:23	3100m	10'23"/km	DESCIDA TRILHA
4.	999	00:04:23	00:59:46	2000m	2'12"/km	CHEGADA

HELGA



Orienteering Software