



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

Márcia

#sofesta

Course : 6 KM SOLO FEMININO 30-39

Distance : 7000m (Climbing 170m)

Time : 1:13:59,386 (10'34"/km)

6/20

O.K.

[Full result on Webres](#)

1. Vanilla	0:52:21,089
2. Neilda	0:52:37,445
3. Simone	0:55:59,101

1.	71	00:18:20		3190m	5'45"/km	HIDRATAÇÃO 1
2.	72	00:25:18	00:43:38	1840m	13'45"/km	ENTRADA NA TRILHA
3.	999	00:30:21	01:13:59	2110m	14'23"/km	CHEGADA

HELGA



Orienteering Software