



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

Joelma

STUDIO RUAN BARROS

Course : 6 KM SOLO FEMININO 40-49

Distance : 7000m (Climbing 170m)

Time : 1:16:15,171 (10'54"/km)

3/20

O.K.

[Full result on Webres](#)

- | | |
|----------------|-------------|
| 1. Lala | 0:59:28,683 |
| 2. Anna Paulla | 1:14:26,171 |

1.	71	00:18:40		3190m	5'51"/km	HIDRATAÇÃO 1
2.	72	00:26:10	00:44:50	1840m	14'13"/km	ENTRADA NA TRILHA
3.	999	00:31:25	01:16:15	2110m	14'53"/km	CHEGADA

HELGA



Orienteering Software