



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

Mônica

Selva Adventure Rio Largo

Course : 6 KM SOLO FEMININO 40-49

Distance : 7000m (Climbing 170m)

Time : 1:42:51,234 (14'42"/km)

13/20

O.K.

[Full result on Webres](#)

1. Lala	0:59:28,683
2. Anna Paulla	1:14:26,171
3. Joelma	1:16:15,171

1.	71	00:24:36		3190m	7'43"/km	HIDRATAÇÃO 1
2.	72	00:31:27	00:56:03	1840m	17'06"/km	ENTRADA NA TRILHA
3.	999	00:46:48	01:42:51	2110m	22'11"/km	CHEGADA

HELGA



Orienteering Software