



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

Laise Correia

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Course : 6 KM SOLO FEMININO 40-49

Distance : 7000m (Climbing 170m)

Time : 1:52:30,210 (16'04"/km)

15/20

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	00:23:01		3190m	7'13"/km	HIDRATAÇÃO 1
2.	72	00:33:35	00:56:36	1840m	18'15"/km	ENTRADA NA TRILHA
3.	999	00:55:54	01:52:30	2110m	26'30"/km	CHEGADA

HELGA



Orienteering Software