



# TRAIL RUN PARADISE - ETAPA 10

## MACEIÓ - AL 11.12.2022

### PARADISE

**Noca Tenorio / Cheila Tenorio**

KAMIKAZE ADVENTURE PILAR

Course : 6 KM DUPLA FEMININA

Distance : 7000m (Climbing 170m)

Time : 1:59:24,824 (17'03"/km)

**14/15**

O.K.

[Full result on Webres](#)

- |                           |             |
|---------------------------|-------------|
| 1. Tigresa / Kesia        | 0:53:09,898 |
| 2. Rosa / Aparecida       | 0:54:01,808 |
| 3. Marcinha / Mayra Pavan | 0:54:29,160 |

|    |     |          |          |       |           |                   |
|----|-----|----------|----------|-------|-----------|-------------------|
| 1. | 71  | 00:26:10 |          | 3190m | 8'12"/km  | HIDRATAÇÃO 1      |
| 2. | 72  | 00:32:59 | 00:59:09 | 1840m | 17'56"/km | ENTRADA NA TRILHA |
| 3. | 999 | 01:00:15 | 01:59:24 | 2110m | 28'33"/km | CHEGADA           |

HELGA



Orienteering Software