



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

Stafane / Jefferson

Alcateia

Course : 6 KM DUPLA MISTA

Distance : 7000m (Climbing 170m)

Time : 1:24:00,722 (12'00"/km)

16/25

O.K.

[Full result on Webres](#)

- | | |
|----------------------------|-------------|
| 1. Igor Teixeira / Janaina | 0:47:52,101 |
| 2. Viviane / Nalvinho | 0:50:34,242 |
| 3. Deninho / Luciene | 0:50:48,429 |

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|----|-----|----------|----------|-------|-----------|-------------------|
| 1. | 71 | 00:22:25 | | 3190m | 7'02"/km | HIDRATAÇÃO 1 |
| 2. | 72 | 00:25:36 | 00:48:01 | 1840m | 13'55"/km | ENTRADA NA TRILHA |
| 3. | 999 | 00:35:59 | 01:24:00 | 2110m | 17'03"/km | CHEGADA |

HELGA



Orienteering Software