



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

Milson / Lucineide

Papa-léguas.AL

Course : 12 KM DUPLA MISTA

Distance : 10000m (Climbing 270m)

Time : 2:11:39,203 (13'10"/km)

10/11

O.K.

[Full result on Webres](#)

1. Rosinaldo / Giselia	1:11:13,015
2. Tigrão / Adriana	1:17:00,867
3. Burity / Adeilda	1:22:44,210

1.	71	00:19:30		3190m	6'07"/km	HIDRATAÇÃO 1
2.	72	00:26:15	00:45:45	1840m	14'16"/km	ENTRADA NA TRILHA
3.	74	01:15:19	02:01:04	3100m	24'18"/km	DESCIDA TRILHA
4.	999	00:10:35	02:11:39	2000m	5'18"/km	CHEGADA

HELGA



Orienteering Software