



TRAIL RUN PARADISE - ETAPA 10

MACEIÓ - AL 11.12.2022

PARADISE

Lucas / Leandro

KAMIKAZE ADVENTURE PILAR

Course : 12 KM DUPLA MASCULINA

Distance : 10000m (Climbing 270m)

Time : 1:16:38,867 (7'40"/km)

5/9

O.K.

[Full result on Webres](#)

1. Ariel / Cloves	1:07:01,378
2. Ernande Paulo Henrique	1:12:11,019
3. Fernando / Wes	1:15:20,761

1.	71	00:12:03		3190m	3'47"/km	HIDRATAÇÃO 1
2.	72	00:18:16	00:30:19	1840m	9'56"/km	ENTRADA NA TRILHA
3.	74	00:40:54	01:11:13	3100m	13'12"/km	DESCIDA TRILHA
4.	999	00:05:25	01:16:38	2000m	2'43"/km	CHEGADA

HELGA



Orienteering Software