VA Models Extra 330SC

Here is a power system recommendation for your consideration. This is a robust pattern level of power with unlimited vertical performance, but not going too crazy at a 3D level of power. I have the performance information on a 10" prop as requested but I also wanted to show the added power difference should you decide to try an 11" prop in the future. That's sort of like an upgrade to add quite a bit more power for the cost of a prop. Take a look at this and let us know if you think this fits the bill or if you had something a bit different in mind.

In the recommended setup you mentioned a 10x4.5 MR prop which is an odd choice for that airplane. That would give you lots of thrust but a very low pitch speed that is not very appropriate for that type of model, unless you wanted a more 3D powered airplane for that type of flying. This is why my prop selection has a steeper pitch at 10x8 for a better blend of speed and thrust instead.

Aircraft: Twisted Hobbies Extra 330
Flying Weight: 25oz (1.56lbs)
Prop Length: 10-11"
Voltage: 3S LiPo
Desired Performance: Pattern, not 3D
Power Needed: Up to 150 watts/lb with a 1.2:1 Thrust Ratio
Calculated Power Needed: 234 watts, 30oz Thrust

BadAss 2315-880kv, 3S LiPo, APC 10x8E Prop
18A, 198 watts, 54mph Pitch Speed, 32oz Thrust
127 watts/lb, 1.28:1 Thrust Ratio

BadAss 2315-880kv, 3S LiPo, APC 11x8E Prop
20A, 225watts, 51mph Pitch Speed, 37oz Thrust
144 watts/lb, 1.48:1 Thrust Ratio

Motor – https://innov8tivedesigns.com/badass-2315-880kv-brushless-motor.html
Prop Chart - https://innov8tivedesigns.com/pub/propcharts/BA2315-880-Specs.htm
Recommended ESC BadAss Rebel V2 30A or higher - https://innov8tivedesigns.com/products/speedcontrollersandbecs/badass-speed-controllers.html
BadAss 3S Lipos (1300-1800mah) - https://innov8tivedesigns.com/products/batteriescharging/badass-lipos/3s-lipo-11-1v.html
APC E Props - https://innov8tivedesigns.com/products/propellers/apc/apceseriesprops.html
BadAss Wood Props - https://innov8tivedesigns.com/products/propellers/badass-wood-props.html