



## TRAIL RUN F5 - ETAPA 5

IPIOCA - AL 12.6.2022

### TRAIL RUN F5

#### Bolinha

Palmarinos Aventureiros

Percurso : 6KM SOLO MASCULINO

Distancia : 6440m (Desnivel 116m)

Tempo : 0:43:21,191 (6'44"/km)

33/74

O.K.

[Resultados completos em Webres](#)

|    |               |             |
|----|---------------|-------------|
| 1. | Johny Ewerton | 0:27:07,398 |
| 2. | Álvaro Atleta | 0:27:07,546 |
| 3. | Vitor         | 0:29:19,968 |

|    |     |          |          |       |          |
|----|-----|----------|----------|-------|----------|
| 1. | 81  | 00:04:19 |          | 740m  | 5'50"/km |
| 2. | 82  | 00:06:02 | 00:10:21 | 950m  | 6'21"/km |
| 3. | 84  | 00:11:57 | 00:22:18 | 1520m | 7'52"/km |
| 4. | 85  | 00:07:49 | 00:30:07 | 1240m | 6'18"/km |
| 5. | 81  | 00:08:31 | 00:38:38 | 1200m | 7'06"/km |
| 6. | 999 | 00:04:43 | 00:43:21 | 740m  | 6'22"/km |

HELGA



Orienteering Software