



TRAIL RUN F5 - ETAPA 5

IPIOCA - AL 12.6.2022

TRAIL RUN F5

Jernan Viana

INDIV.

Percurso : 12KM SOLO MASCULINO

Distancia : 12700m (Desnivel 202m)

Tempo : 1:06:10,660 (5'13"/km)

4/38

O.K.

[Resultados completos em Webres](#)

1. Adilson	1:03:12,558
2. Jose Aparecido Soares	1:03:37,039
3. Raio1983	1:05:18,531

1.	81	00:03:53		740m	5'15"/km
2.	82	00:04:49	00:08:42	950m	5'04"/km
3.	83	00:40:35	00:49:17	7630m	5'19"/km
4.	84	00:09:17	00:58:34	1870m	4'58"/km
5.	81	00:03:58	01:02:32	804m	4'56"/km
6.	999	00:03:38	01:06:10	740m	4'55"/km

HELGA



Orienteering Software