



TRAIL RUN F5 - ETAPA 5

IPIOCA - AL 12.6.2022

TRAIL RUN F5

Pedro

Bora Correr

Percurso : 12 KM SOLO MASCULINO 40-49

Distancia : 12700m (Desnivel 202m)

Tempo : 2:11:36,261 (10'22"/km)

9/12

O.K.

[Resultados completos em Webres](#)

1. Ricardo	1:07:41,929
2. Carlos Jorge	1:26:48,996
3. Marquinhos	1:32:06,097

1.	81	00:05:54		740m	7'58"/km
2.	82	00:08:34	00:14:28	950m	9'01"/km
3.	83	01:24:26	01:38:54	7630m	11'04"/km
4.	84	00:18:54	01:57:48	1870m	10'06"/km
5.	81	00:07:51	02:05:39	804m	9'46"/km
6.	999	00:05:57	02:11:36	740m	8'02"/km

HELGA



Orienteering Software