



TRAIL RUN F5 - ETAPA 5

PILAR - AL 20.8.2023

TRAIL RUN F5

Douglas

TRAIL RUN F5

Percurso : 6 KM SOLO MASCULINO 18-29

Distancia : 7790m (Desnivel 140m)

Tempo : 1:18:09,078 (10'02"/km)

19/25

O.K.

[Resultados completos em Webres](#)

- | | |
|------------------------|-------------|
| 1. Edson Alves De Lima | 0:47:51,222 |
| 2. Richardson Santos | 0:50:25,375 |
| 3. Aldair Araujo | 0:50:50,312 |

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|----|-----|----------|----------|----------|----------------|-------------|
| 1. | 70 | 00:25:04 | 4180m | 6'00"/km | FIM DO DESAFIO | |
| 2. | 71 | 00:25:17 | 00:50:21 | 1900m | 13'18"/km | RETORNO 6KM |
| 3. | 999 | 00:27:48 | 01:18:09 | 1700m | 16'21"/km | CHEGADA |

HELGA



Orienteering Software