



# SIMULADO TRIATHLON E CORRIDA ATHLETICA

## MACEIÓ - AL 4.9.2021

### ATHLETICA

**Marco**

ATHLETICA

Course : 10KM MASCULINO

Distance : 10000m

Time : 0:53:54 (5'23"/km)

**5/9**

O.K.

[Full result on Webres](#)

|            |         |
|------------|---------|
| 1. Tiago   | 0:43:56 |
| 2. Aldemir | 0:47:13 |
| 3. Antonio | 0:49:24 |

|    |    |          |          |       |          |                                    |
|----|----|----------|----------|-------|----------|------------------------------------|
| 1. | 85 | 00:18:03 |          | 2500m | 7'13"/km | RETORNO 5KM                        |
| 2. | 86 | 00:13:44 | 00:31:47 |       |          | RETORNO 10KM                       |
| 3. | 85 | 00:13:53 | 00:45:40 |       |          | RETORNO 5KM                        |
| 4. | 84 | 00:13:14 | 00:58:54 | 2500m | 5'18"/km | LARGADA, RETORNO E CHEGADA CORRIDA |

HELGA



Orienteering Software