



SIMULADO TRIATHLON E CORRIDA ATHLETICA

MACEIÓ - AL 4.9.2021

ATHLETICA

Lindon

ATHLETICA

Course : 10KM MASCULINO

Distance : 10000m

Time : 1:10:01 (7'00"/km)

9/9

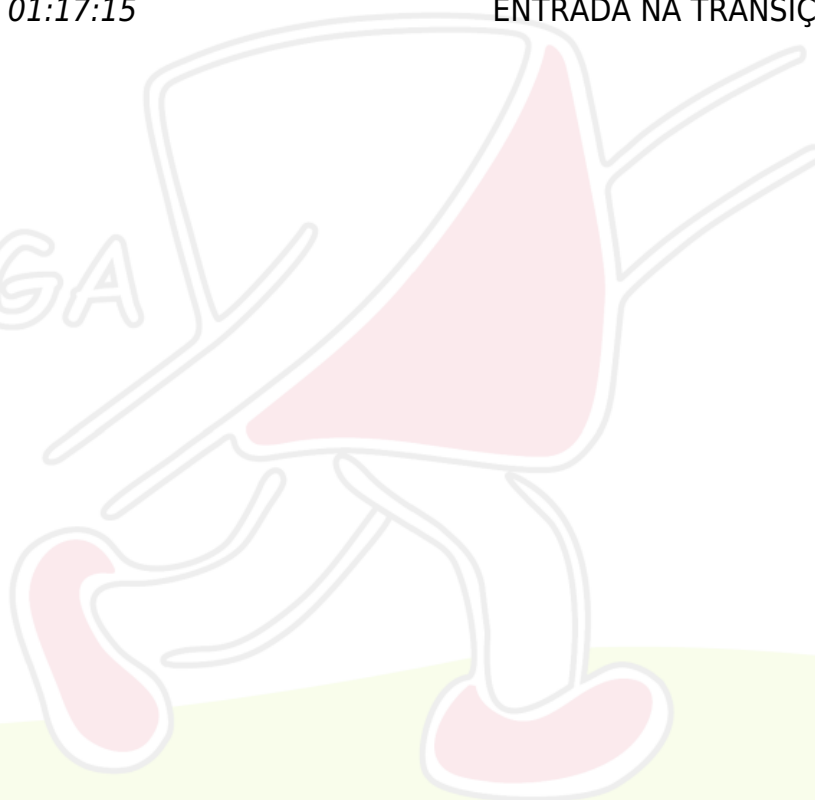
O.K.

[Full result on Webres](#)

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

1.	85	00:12:58		2500m	5'11"/km	RETORNO 5KM
2.	86	00:13:43	00:26:41			RETORNO 10KM
3.	87	00:01:11	00:27:52			RETORNO 21KM 2X
4.	86	00:01:11	00:29:03			RETORNO 10KM
5.	85	00:27:42	00:56:45			RETORNO 5KM
6.	84	00:13:16	01:10:01	2500m	5'18"/km	LARGADA, RETORNO E CHEGADA CORRIDA
7.	82	00:07:14	01:17:15			ENTRADA NA TRANSIÇÃO

HELGA



Orienteering Software