



TRAIL RUN F5
COQUEIRO SECO - AL 16.1.2022
TRAIL RUN F5

Carla Nascimento

ALAGOAS RUNNING

Percurso : 12KM SOLO FEMININO

Distancia : 11300m (Desnivel 232m)

Tempo : 1:35:51,457 (8'29"/km)

9/19

O.K.

[Resultados completos em Webres](#)

- | | |
|-----------------|-------------|
| 1. Wilza | 1:10:47,734 |
| 2. Fátima Blaut | 1:12:47,554 |
| 3. Luzia | 1:16:23,085 |

1.	81	00:15:17		1740m	8'47"/km
2.	82	00:27:18	00:42:35	3270m	8'21"/km
3.	83	00:23:47	01:06:22	2790m	8'31"/km
4.	84	00:21:14	01:27:36	2490m	8'32"/km
5.	999	00:08:15	01:35:51	1070m	7'43"/km

HELGA



Orienteering Software