



TRAIL RUN F5
COQUEIRO SECO - AL 16.1.2022
TRAIL RUN F5

Jernan

Rest. Delícia de Neyde

Percurso : 12KM SOLO MASCULINO

Distancia : 11300m (Desnivel 232m)

Tempo : 0:54:55,507 (4'52"/km)

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O.K.

[Resultados completos em Webres](#)

1. Lucianocarnauba	0:46:20,656
2. Flávio	0:49:18,531
3. Matheus	0:49:58,558

1.	81	00:09:29		1740m	5'27"/km
2.	82	00:15:57	00:25:26	3270m	4'53"/km
3.	83	00:12:42	00:38:08	2790m	4'33"/km
4.	84	00:11:53	00:50:01	2490m	4'46"/km
5.	999	00:04:54	00:54:55	1070m	4'35"/km

HELGA



Orienteering Software