



TRAIL RUN F5 - ETAPA 3

ATALAIA - AL 27.3.2022

TRAIL RUN F5

Ricardo

Vida Corrida

Percurso : 12 KM SOLO MASCULINO

Distancia : 12000m (Desnivel 100m)

Tempo : 1:10:02,265 (5'50"/km)

28/59

O.K.

[Resultados completos em Webres](#)

1. Johny Ewerton	0:45:35,046
2. Cicero Carlos	0:47:07,316
3. Alex Penedo	0:49:26,601

1.	81	00:10:54		2000m	5'27"/km
2.	82	00:21:23	00:32:17	4000m	5'21"/km
3.	83	00:27:25	00:59:42	4000m	6'51"/km
4.	999	00:10:20	01:10:02	2000m	5'10"/km

HELGA



Orienteering Software