



TRAIL RUN F5 - ETAPA 3

ATALAIA - AL 27.3.2022

TRAIL RUN F5

Ronaldo Nascimento

Endorfina al

Percurso : 12 KM SOLO MASCULINO

Distancia : 12000m (Desnivel 100m)

Tempo : 1:26:25,589 (7'12"/km)

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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	00:13:23		2000m	6'41"/km
2.	82	00:30:58	00:44:21	4000m	7'44"/km
3.	83	00:32:29	01:16:50	4000m	8'07"/km
4.	999	00:09:35	01:26:25	2000m	4'48"/km

HELGA



Orienteering Software