



# TRAIL RUN F5 - ETAPA 3

## ATALAIA - AL 27.3.2022

### TRAIL RUN F5

**Alisson**

TRAILRUN F5

Percurso : 12 KM SOLO MASCULINO 30-39

Distancia : 12000m (Desnivel 100m)

Tempo : 1:28:19,382 (7'22"/km)

**12/17**

O.K.

[Resultados completos em Webres](#)

|                  |             |
|------------------|-------------|
| 1. Juliano Ramos | 0:55:11,894 |
| 2. Daniel Santos | 1:00:51,292 |
| 3. Gonça         | 1:05:00,015 |

|    |     |          |          |       |          |
|----|-----|----------|----------|-------|----------|
| 1. | 81  | 00:14:22 |          | 2000m | 7'11"/km |
| 2. | 82  | 00:33:33 | 00:47:55 | 4000m | 8'23"/km |
| 3. | 83  | 00:29:54 | 01:17:49 | 4000m | 7'28"/km |
| 4. | 999 | 00:10:30 | 01:28:19 | 2000m | 5'15"/km |

HELGA



Orienteering Software