



## TRAIL RUN F5 - ETAPA 5

IPIOCA - AL 12.6.2022

### TRAIL RUN F5

**Nelbi**

Sexo Frágil

Percurso : 12KM SOLO FEMININO

Distancia : 12700m (Desnivel 202m)

Tempo : 1:42:33,292 (8'04"/km)

**8/25**

O.K.

[Resultados completos em Webres](#)

|                 |             |
|-----------------|-------------|
| 1. Fernanda     | 1:22:47,632 |
| 2. Fátima Blaut | 1:26:49,417 |
| 3. Laura        | 1:28:48,652 |

|    |     |          |          |       |          |
|----|-----|----------|----------|-------|----------|
| 1. | 81  | 00:04:30 |          | 740m  | 6'05"/km |
| 2. | 82  | 00:06:34 | 00:11:04 | 950m  | 6'55"/km |
| 3. | 83  | 01:05:35 | 01:16:39 | 7630m | 8'36"/km |
| 4. | 84  | 00:13:55 | 01:30:34 | 1870m | 7'27"/km |
| 5. | 81  | 00:06:04 | 01:36:38 | 804m  | 7'33"/km |
| 6. | 999 | 00:05:55 | 01:42:33 | 740m  | 8'00"/km |

HELGA



Orienteering Software