



## TRAIL RUN F5 - ETAPA 5

IPIOCA - AL 12.6.2022

### TRAIL RUN F5

**Ricardo**

Monstro

Percurso : 12KM SOLO MASCULINO

Distancia : 12700m (Desnivel 202m)

Tempo : 1:07:41,929 (5'20"/km)

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O.K.

[Resultados completos em Webres](#)

|                          |             |
|--------------------------|-------------|
| 1. Adilson               | 1:03:12,558 |
| 2. Jose Aparecido Soares | 1:03:37,039 |
| 3. Raio1983              | 1:05:18,531 |

|    |     |          |          |       |          |
|----|-----|----------|----------|-------|----------|
| 1. | 81  | 00:03:13 |          | 740m  | 4'21"/km |
| 2. | 82  | 00:04:27 | 00:07:40 | 950m  | 4'41"/km |
| 3. | 83  | 00:43:30 | 00:51:10 | 7630m | 5'42"/km |
| 4. | 84  | 00:08:57 | 01:00:07 | 1870m | 4'47"/km |
| 5. | 81  | 00:03:53 | 01:04:00 | 804m  | 4'50"/km |
| 6. | 999 | 00:03:41 | 01:07:41 | 740m  | 4'59"/km |

HELGA



Orienteering Software