



## TRAIL RUN F5 - ETAPA 5

IPIOCA - AL 12.6.2022

### TRAIL RUN F5

**Ronaldo Nascimento**

Endorfina\_Al

Percurso : 12KM SOLO MASCULINO

Distancia : 12700m (Desnivel 202m)

Tempo : 1:49:55,078 (8'39"/km)

**27/38**

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  | 00:05:07 |          | 740m  | 6'55"/km |
| 2. | 82  | 00:07:28 | 00:12:35 | 950m  | 7'52"/km |
| 3. | 83  | 01:09:37 | 01:22:12 | 7630m | 9'07"/km |
| 4. | 84  | 00:16:15 | 01:38:27 | 1870m | 8'41"/km |
| 5. | 81  | 00:06:24 | 01:44:51 | 804m  | 7'58"/km |
| 6. | 999 | 00:05:04 | 01:49:55 | 740m  | 6'51"/km |

HELGA



Orienteering Software