



TRAIL RUN F5 - ETAPA 5

IPIOCA - AL 12.6.2022

TRAIL RUN F5

Rêgo

IAGUARA

Percurso : 12KM SOLO MASCULINO

Distancia : 12700m (Desnivel 202m)

Tempo : 2:03:18,148 (9'43"/km)

31/38

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	00:05:59		740m	8'05"/km
2.	82	00:08:04	00:14:03	950m	8'29"/km
3.	83	01:17:25	01:31:28	7630m	10'09"/km
4.	84	00:17:58	01:49:26	1870m	9'36"/km
5.	81	00:07:25	01:56:51	804m	9'13"/km
6.	999	00:06:27	02:03:18	740m	8'43"/km

HELGA



Orienteering Software