



## TRAIL RUN F5 - ETAPA 5

IPIOCA - AL 12.6.2022

### TRAIL RUN F5

#### Layane

Layane

Percurso : 6 KM SOLO FEMININO 30-39

Distancia : 6440m (Desnivel 116m)

Tempo : 0:49:07,765 (7'38"/km)

4/28

O.K.

[Resultados completos em Webres](#)

|    |        |             |
|----|--------|-------------|
| 1. | 383    | 0:41:35,601 |
| 2. | Dany   | 0:42:08,171 |
| 3. | Simone | 0:44:26,398 |

|    |     |          |          |       |          |
|----|-----|----------|----------|-------|----------|
| 1. | 81  | 00:04:14 |          | 740m  | 5'43"/km |
| 2. | 82  | 00:06:07 | 00:10:21 | 950m  | 6'26"/km |
| 3. | 84  | 00:13:46 | 00:24:07 | 1520m | 9'03"/km |
| 4. | 85  | 00:09:17 | 00:33:24 | 1240m | 7'29"/km |
| 5. | 81  | 00:10:15 | 00:43:39 | 1200m | 8'33"/km |
| 6. | 999 | 00:05:28 | 00:49:07 | 740m  | 7'23"/km |

HELGA



Orienteering Software