



TRAIL RUN F5 - ETAPA 5

IPIOCA - AL 12.6.2022

TRAIL RUN F5

#correrafinha

Personal - Núbia Rafaela

Percurso : 6 KM SOLO FEMININO 30-39

Distancia : 6440m (Desnivel 116m)

Tempo : 0:38:47,417 (6'01"/km)

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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	00:03:59		740m	5'23"/km
2.	82	00:05:31	00:09:30	950m	5'48"/km
3.	84	00:10:44	00:20:14	1520m	7'04"/km
4.	85	00:06:38	00:26:52	1240m	5'21"/km
5.	81	00:07:58	00:34:50	1200m	6'38"/km
6.	999	00:03:57	00:38:47	740m	5'20"/km

HELGA



Orienteering Software