



TRAIL RUN F5 - ETAPA 7

MESSIAS - AL 21.8.2022

TRAIL RUN F5

Helena/ Zuleide

TRAIL RUN F5

Course : 6 KM DUPLA FEMININA

Distance : 7900m (Climbing 214m)

Time : 1:40:35,488 (12'44"/km)

12/15

O.K.

[Full result on Webres](#)

- | | |
|---------------------------|-------------|
| 1. Rosa/nilda | 0:50:09,378 |
| 2. Marcinha / Mayra | 0:51:08,531 |
| 3. Tigresa / Gata Manhosa | 0:52:05,785 |

1.	81	00:34:37		2640m	13'07"/km	INÍCIO DO DESAFIO 1KM
2.	82	00:13:27	00:48:04	1000m	13'27"/km	FIM DO DESAFIO 1KM
3.	83	00:19:50	01:07:54	1500m	13'13"/km	DIVISÃO DE CATEGORIAS
4.	85	00:15:58	01:23:52	960m	16'38"/km	REENCONTRO DE CATEGORIAS
5.	999	00:16:43	01:40:35	1770m	9'27"/km	CHEGADA

HELGA



Orienteering Software