



TRAIL RUN F5 - ETAPA 7

MESSIAS - AL 21.8.2022

TRAIL RUN F5

José Flavio dos Santos

TRAIL RUN F5

Course : 12 KM SOLO MASCULINO

Distance : 14440m (Climbing 394m)

Time : 1:06:12,132 (4'35"/km)

1/38

O.K.

[Full result on Webres](#)

2. Natongo	1:07:06,296
3. Johny Ewerton	1:10:27,660

1.	81	00:09:39		2640m	3'39"/km	INÍCIO DO DESAFIO 1KM
2.	82	00:05:05	00:14:44	1000m	5'05"/km	FIM DO DESAFIO 1KM
3.	83	00:06:34	00:21:18	1500m	4'23"/km	DIVISÃO DE CATEGORIAS
4.	84	00:20:00	00:41:18	4430m	4'31"/km	RETORNO DOS 12KM (LADEIRA MATA)
5.	85	00:18:04	00:59:22	3010m	6'00"/km	REENCONTRO DE CATEGORIAS
6.	999	00:06:50	01:06:12	1770m	3'52"/km	CHEGADA

HELGA



Orienteering Software