



TRAIL RUN F5 - ETAPA 7

MESSIAS - AL 21.8.2022

TRAIL RUN F5

Jernan

TRAIL RUN F5

Course : 12 KM SOLO MASCULINO

Distance : 14440m (Climbing 394m)

Time : 1:17:07,683 (5'20"/km)

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O.K.

[Full result on Webres](#)

1. José Flavio dos Santos	1:06:12,132
2. Natongo	1:07:06,296
3. Johny Ewerton	1:10:27,660

1.	81	00:11:24		2640m	4'19"/km	INÍCIO DO DESAFIO 1KM
2.	82	00:05:40	00:17:04	1000m	5'40"/km	FIM DO DESAFIO 1KM
3.	83	00:08:04	00:25:08	1500m	5'23"/km	DIVISÃO DE CATEGORIAS
4.	84	00:24:00	00:49:08	4430m	5'25"/km	RETORNO DOS 12KM (LADEIRA MATA)
5.	85	00:20:37	01:09:45	3010m	6'51"/km	REENCONTRO DE CATEGORIAS
6.	999	00:07:22	01:17:07	1770m	4'10"/km	CHEGADA

HELGA



Orienteering Software