



TRAIL RUN F5 - ETAPA 7

MESSIAS - AL 21.8.2022

TRAIL RUN F5

Joelma

TRAIL RUN F5

Course : 6 KM SOLO FEMININO 40-49

Distance : 7900m (Climbing 214m)

Time : 1:12:28,429 (9'10"/km)

13/30

O.K.

[Full result on Webres](#)

- | | |
|------------------|-------------|
| 1. Pantera Negra | 0:53:24,046 |
| 2. Lala | 0:55:20,386 |
| 3. Jane | 0:56:53,765 |

1.	81	00:22:21		2640m	8'28"/km	INÍCIO DO DESAFIO 1KM
2.	82	00:10:51	00:33:12	1000m	10'51"/km	FIM DO DESAFIO 1KM
3.	83	00:16:51	00:50:03	1500m	11'14"/km	DIVISÃO DE CATEGORIAS
4.	85	00:11:22	01:01:25	960m	11'50"/km	REENCONTRO DE CATEGORIAS
5.	999	00:11:03	01:12:28	1770m	6'15"/km	CHEGADA

HELGA



Orienteering Software