



TRAIL RUN F5 - ETAPA 7

MESSIAS - AL 21.8.2022

TRAIL RUN F5

Carla E Dani

TRAIL RUN F5

Course : 6 KM DUPLA FEMININA

Distance : 7900m (Climbing 214m)

Time : 1:45:45,355 (13'23"/km)

14/15

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	00:33:47		2640m	12'48"/km	INÍCIO DO DESAFIO 1KM
2.	82	00:14:00	00:47:47	1000m	14'00"/km	FIM DO DESAFIO 1KM
3.	83	00:29:07	01:16:54	1500m	19'25"/km	DIVISÃO DE CATEGORIAS
4.	85	00:13:40	01:30:34	960m	14'14"/km	REENCONTRO DE CATEGORIAS
5.	999	00:15:11	01:45:45	1770m	8'35"/km	CHEGADA

HELGA



Orienteering Software