



TRAIL RUN CARCARÁ

CABO DE STO AGOSTINHO - PE 27.11.2022

CARCARÁ

Rosemary Ana Dos Santos Marques

CARCARÁ

Course : 10KM SOLO FEMININO 36-49

Distance : 9900m (Climbing 390m)

Time : 1:43:04,417 (10'25"/km)

5/21

O.K.

[Full result on Webres](#)

- | | |
|------------------------------------|-------------|
| 1. Ana Lúcia Silva Cruz Dos Santos | 1:26:49,476 |
| 2. María Emeli Martinez Castañeda | 1:27:40,050 |
| 3. Adélia Pereira | 1:29:10,511 |

1.	81	00:03:06		490m	6'20"/km	BATE E VOLTA MIRANTE VILA VELHA
2.	82	00:45:58	00:49:04	4370m	10'31"/km	FORTE CASTELO DO MAR
3.	84	00:27:56	01:17:00	2420m	11'33"/km	RETORNO 10K PRAIA
4.	83	00:17:25	01:34:25	1820m	9'34"/km	INÍCIO DESAFIO - H2O 2
5.	999	00:08:39	01:43:04	790m	10'57"/km	CHEGADA - FIM DESAFIO

HELGA



Orienteering Software