



TRAIL RUN CARCARÁ

CABO DE STO AGOSTINHO - PE 27.11.2022

CARCARÁ

Simoneide Da Silva

AP Assessoria Esportiva

Course : 10KM SOLO FEMININO 36-49

Distance : 9900m (Climbing 390m)

Time : 1:47:08,582 (10'49"/km)

7/21

O.K.

[Full result on Webres](#)

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|------------------------------------|-------------|
| 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	00:02:30		490m	5'06"/km	BATE E VOLTA MIRANTE VILA VELHA
2.	82	00:46:15	00:48:45	4370m	10'35"/km	FORTE CASTELO DO MAR
3.	84	00:29:56	01:18:41	2420m	12'22"/km	RETORNO 10K PRAIA
4.	83	00:19:27	01:38:08	1820m	10'41"/km	INÍCIO DESAFIO - H2O 2
5.	999	00:09:00	01:47:08	790m	11'24"/km	CHEGADA - FIM DESAFIO

HELGA



Orienteering Software