



TRAIL RUN CARCARÁ

CABO DE STO AGOSTINHO - PE 27.11.2022

CARCARÁ

Maria De Fátima Silva Cabral De Barros Nogueira

Atitude

Course : 10KM SOLO FEMININO 36-49

Distance : 9900m (Climbing 390m)

Time : 2:07:41,605 (12'54"/km)

9/21

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 |

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|----|-----|----------|----------|-------|-----------|---------------------------------|
| 1. | 81 | 00:03:06 | | 490m | 6'20"/km | BATE E VOLTA MIRANTE VILA VELHA |
| 2. | 82 | 00:51:28 | 00:54:34 | 4370m | 11'47"/km | FORTE CASTELO DO MAR |
| 3. | 84 | 00:31:50 | 01:26:24 | 2420m | 13'09"/km | RETORNO 10K PRAIA |
| 4. | 83 | 00:29:27 | 01:55:51 | 1820m | 16'11"/km | INÍCIO DESAFIO - H2O 2 |
| 5. | 999 | 00:11:50 | 02:07:41 | 790m | 14'59"/km | CHEGADA - FIM DESAFIO |

HELGA



Orienteering Software