



TRAIL RUN CARCARÁ

CABO DE STO AGOSTINHO - PE 27.11.2022

CARCARÁ

Ilton Macedo

CTA

Course : 10KM SOLO MASCULINO 50+

Distance : 9900m (Climbing 390m)

Time : 1:05:15,214 (6'35"/km)

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O.K.

[Full result on Webres](#)

1. Raimundo Moura	1:03:09,675
3. Jose Severino	1:05:35,050

1.	81	00:02:09		490m	4'23"/km	BATE E VOLTA MIRANTE VILA VELHA
2.	82	00:26:56	00:29:05	4370m	6'10"/km	FORTE CASTELO DO MAR
3.	84	00:15:58	00:45:03	2420m	6'36"/km	RETORNO 10K PRAIA
4.	83	00:14:11	00:59:14	1820m	7'48"/km	INÍCIO DESAFIO - H2O 2
5.	999	00:06:01	01:05:15	790m	7'37"/km	CHEGADA - FIM DESAFIO

HELGA



Orienteering Software