



TRAIL RUN CARCARÁ

CABO DE STO AGOSTINHO - PE 27.11.2022

CARCARÁ

Flavio Lins

Mova-se

Course : 10KM SOLO MASCULINO 50+

Distance : 9900m (Climbing 390m)

Time : 1:22:12,335 (8'18"/km)

4/12

O.K.

[Full result on Webres](#)

1. Raimundo Moura	1:03:09,675
2. Ilton Macedo	1:05:15,214
3. Jose Severino	1:05:35,050

1.	81	00:02:20		490m	4'46"/km	BATE E VOLTA MIRANTE VILA VELHA
2.	82	00:32:45	00:35:05	4370m	7'30"/km	FORTE CASTELO DO MAR
3.	84	00:20:36	00:55:41	2420m	8'31"/km	RETORNO 10K PRAIA
4.	83	00:16:45	01:12:26	1820m	9'12"/km	INÍCIO DESAFIO - H2O 2
5.	999	00:09:46	01:22:12	790m	12'22"/km	CHEGADA - FIM DESAFIO

HELGA



Orienteering Software