



TRAIL RUN F5 - ETAPA 1
COQUEIRO SECO - AL 5.2.2023
TRAIL RUN F5

Ângela Omena

Omena

Course : 12 KM SOLO FEMININO

Distance : 12000m (Climbing 220m)

Time : 1:50:17,273 (9'11"/km)

11/20

O.K.

[Full result on Webres](#)

1. Paulinha	1:11:54,968
2. Drika	1:17:22,835
3. Leidy Oliveira	1:22:08,898

1.	71	00:08:24		1040m	8'05"/km	IGREJA
2.	73	00:50:40	00:59:04	4770m	10'37"/km	TRILHA CANA-MATA 12KM
3.	74	00:41:16	01:40:20	5000m	8'15"/km	ENCONTRO DE CATEGORIAS - RETORNO
4.	999	00:09:57	01:50:17	1400m	7'06"/km	CHEGADA

HELGA



Orienteering Software