



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

Josinaldo de Lemos

SUPERAÇÃO RUNNER

Course : 12 KM SOLO MASCULINO

Distance : 12000m (Climbing 220m)

Time : 1:46:40,750 (8'53"/km)

37/51

O.K.

[Full result on Webres](#)

1. Alexandre Miguel	0:56:35,273
2. Flávio	0:59:33,140
3. Givaldo	1:00:02,570

1.	71	00:06:17		1040m	6'02"/km	IGREJA
2.	73	00:48:11	00:54:28	4770m	10'06"/km	TRILHA CANA-MATA 12KM
3.	74	00:41:58	01:36:26	5000m	8'24"/km	ENCONTRO DE CATEGORIAS - RETORNO
4.	999	00:10:14	01:46:40	1400m	7'19"/km	CHEGADA

HELGA



Orienteering Software