



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

Ângela Omena

Omena

Course : 12 KM SOLO FEMININO 18-29

Distance : 12000m (Climbing 220m)

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

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O.K.

[Full result on Webres](#)

1. Ingrid

1:46:45,742

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