



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

Raphaela Lima

Raphaela

Course : 12 KM SOLO FEMININO 40-49

Distance : 12000m (Climbing 220m)

Time : 1:42:43,437 (8'34"/km)

3/6

O.K.

[Full result on Webres](#)

- | | |
|----------|-------------|
| 1. Widja | 1:27:33,437 |
| 2. Lala | 1:32:50,601 |

1.	71	00:07:07		1040m	6'51"/km	IGREJA
2.	73	00:46:06	00:53:13	4770m	9'40"/km	TRILHA CANA-MATA 12KM
3.	74	00:39:59	01:33:12	5000m	8'00"/km	ENCONTRO DE CATEGORIAS - RETORNO
4.	999	00:09:31	01:42:43	1400m	6'48"/km	CHEGADA

HELGA



Orienteering Software