



TRAIL RUN F5 - ETAPA 2

MURICI - AL 4.6.2023

TRAIL RUN F5

Dany Benvindo

SELVA

Course : 12 KM SOLO FEMININO 30-39

Distance : 13900m (Climbing 274m)

Time : 1:57:10,210 (8'26"/km)

5/8

O.K.

[Full result on Webres](#)

1. Aryellen Amorim	1:34:24,820
2. Aryane Mota	1:34:38,359
3. Lila Thayná	1:36:27,683

1.	71	00:16:54		2840m	5'57"/km	SUBIDA NA MATA
2.	72	00:21:43	00:38:37	1740m	12'29"/km	DIVISÃO DE CATEGORIAS
3.	73	00:35:31	01:14:08	4520m	7'51"/km	RETORNO 12 KM
4.	74	00:36:07	01:50:15	4200m	8'36"/km	INÍCIO DESAFIO DO CRUZEIRO
5.	999	00:06:55	01:57:10	540m	12'49"/km	FIM DO DESAFIO - CHEGADA

HELGA



Orienteering Software