



## TRAIL RUN F5 - ETAPA 5

PILAR - AL 20.8.2023

### TRAIL RUN F5

**Joelma Rogério Santos Santos**

BISONHOS ADVENTURE

Course : 6 KM SOLO FEMININO

Distance : 7790m (Climbing 140m)

Time : 1:08:59,765 (8'51"/km)

**7/107**

O.K.

[Full result on Webres](#)

|    |                            |             |
|----|----------------------------|-------------|
| 1. | Ranubia Maria Da Silva Paz | 0:50:04,437 |
| 2. | Daniela Alves              | 0:58:43,085 |
| 3. | Silvania Galdino           | 1:00:34,117 |

|    |     |          |          |       |           |                |
|----|-----|----------|----------|-------|-----------|----------------|
| 1. | 70  | 00:23:35 |          | 4180m | 5'39"/km  | FIM DO DESAFIO |
| 2. | 71  | 00:21:25 | 00:45:00 | 1900m | 11'16"/km | RETORNO 6KM    |
| 3. | 999 | 00:23:59 | 01:08:59 | 1700m | 14'06"/km | CHEGADA        |

HELGA



Orienteering Software