



TRAIL RUN F5 - ETAPA 5

PILAR - AL 20.8.2023

TRAIL RUN F5

Cristiane Silva Cruz Santos

KAMIKAZE ADVENTURE PILAR

Course : 6 KM SOLO FEMININO

Distance : 7790m (Climbing 140m)

Time : 1:39:21,203 (12'45"/km)

49/107

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	00:30:42		4180m	7'21"/km	FIM DO DESAFIO
2.	71	00:33:05	01:03:47	1900m	17'25"/km	RETORNO 6KM
3.	999	00:35:34	01:39:21	1700m	20'55"/km	CHEGADA

HELGA



Orienteering Software