



TRAIL RUN F5 - ETAPA 5

PILAR - AL 20.8.2023

TRAIL RUN F5

Hélio José Correia Da Silva Correia

SUPERAÇÃO RUNNER

Course : 6 KM SOLO MASCULINO

Distance : 7790m (Climbing 140m)

Time : 0:48:49,027 (6'16"/km)

7/102

O.K.

[Full result on Webres](#)

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|----|------------------------------------|-------------|
| 1. | Natongo José Luiz Da Silva Natongo | 0:39:33,109 |
| 2. | Tiago Braga | 0:40:27,695 |
| 3. | Edvaldo Borges | 0:47:12,101 |

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|----|-----|----------|----------|----------|----------------|-------------|
| 1. | 70 | 00:17:51 | 4180m | 4'16"/km | FIM DO DESAFIO | |
| 2. | 71 | 00:16:51 | 00:34:42 | 1900m | 8'52"/km | RETORNO 6KM |
| 3. | 999 | 00:14:07 | 00:48:49 | 1700m | 8'18"/km | CHEGADA |

HELGA



Orienteering Software