



TRAIL RUN F5 - ETAPA 5

PILAR - AL 20.8.2023

TRAIL RUN F5

Francisco Berto

F5

Course : 6 KM SOLO MASCULINO

Distance : 7790m (Climbing 140m)

Time : 0:50:13,609 (6'27"/km)

10/102

O.K.

[Full result on Webres](#)

- | | | |
|----|------------------------------------|-------------|
| 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 |

1.	70	00:18:37		4180m	4'27"/km	FIM DO DESAFIO
2.	71	00:16:34	00:35:11	1900m	8'43"/km	RETORNO 6KM
3.	999	00:15:02	00:50:13	1700m	8'51"/km	CHEGADA

HELGA



Orienteering Software