



TRAIL RUN F5 - ETAPA 5

PILAR - AL 20.8.2023

TRAIL RUN F5

Marcelo Barbosa Barbosa

SUPERAÇÃO RUNNER

Course : 6 KM SOLO MASCULINO

Distance : 7790m (Climbing 140m)

Time : 1:04:13,105 (8'15"/km)

34/102

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	00:22:29		4180m	5'23"/km	FIM DO DESAFIO
2.	71	00:21:14	00:43:43	1900m	11'11"/km	RETORNO 6KM
3.	999	00:20:30	01:04:13	1700m	12'04"/km	CHEGADA

HELGA



Orienteering Software