



TRAIL RUN F5 - ETAPA 5

PILAR - AL 20.8.2023

TRAIL RUN F5

Vanessa Nolasco

PARADISE- Gildo Costa

Course : 12 KM SOLO FEMININO

Distance : 12000m (Climbing 244m)

Time : 1:14:25,523 (6'12"/km)

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O.K.

[Full result on Webres](#)

2. Leidivania Oliveira

1:15:52,546

3. Josiene Santos

1:22:15,031

1.	70	00:18:40		4180m	4'28"/km	FIM DO DESAFIO
2.	73	00:37:44	00:56:24	6350m	5'57"/km	RETORNO 12KM
3.	999	00:18:01	01:14:25	1570m	11'29"/km	CHEGADA

HELGA



Orienteering Software