



TRAIL RUN F5 - ETAPA 5

PILAR - AL 20.8.2023

TRAIL RUN F5

Raphaela Lima

Ranne

Course : 12 KM SOLO FEMININO

Distance : 12000m (Climbing 244m)

Time : 1:43:51,761 (8'39"/km)

24/47

O.K.

[Full result on Webres](#)

1. Vanessa Nolasco	1:14:25,523
2. Leidivania Oliveira	1:15:52,546
3. Josiene Santos	1:22:15,031

1.	70	00:27:15		4180m	6'31"/km	FIM DO DESAFIO
2.	73	00:53:36	01:20:51	6350m	8'26"/km	RETORNO 12KM
3.	999	00:23:00	01:43:51	1570m	14'39"/km	CHEGADA

HELGA



Orienteering Software