



TRAIL RUN F5 - ETAPA 5

PILAR - AL 20.8.2023

TRAIL RUN F5

José Cícero Assunção Paes Assunção

SUPERAÇÃO RUNNER

Course : 12 KM SOLO MASCULINO

Distance : 12000m (Climbing 244m)

Time : 1:22:59,710 (6'55"/km)

36/66

O.K.

[Full result on Webres](#)

1. Flávio	0:56:51,109
2. Johny Ewerton	1:00:35,917
3. Rafael João Da Silva João	1:00:55,425

1.	70	00:23:38		4180m	5'39"/km	FIM DO DESAFIO
2.	73	00:40:23	01:04:01	6350m	6'22"/km	RETORNO 12KM
3.	999	00:18:58	01:22:59	1570m	12'05"/km	CHEGADA

HELGA



Orienteering Software