



TRAIL RUN F5 - ETAPA 5

PILAR - AL 20.8.2023

TRAIL RUN F5

Francinalda Cirilo De Melo Cirilo

SUPERAÇÃO RUNNER

Course : 6 KM SOLO FEMININO 30-39

Distance : 7790m (Climbing 140m)

Time : 1:29:18,070 (11'28"/km)

10/32

O.K.

[Full result on Webres](#)

- | | |
|--|-------------|
| 1. Layane Barbosa | 1:05:14,882 |
| 2. Maria Daniele Da Conceição Cavalcante | 1:08:25,612 |
| 3. Karla França | 1:17:48,261 |

1.	70	00:29:21	4180m	7'01"/km	FIM DO DESAFIO
2.	71	00:30:40	01:00:01	1900m	16'08"/km
3.	999	00:29:17	01:29:18	1700m	17'14"/km
					RETORNO 6KM
					CHEGADA

HELGA



Orienteering Software