



TRAIL RUN F5 - ETAPA 5

PILAR - AL 20.8.2023

TRAIL RUN F5

Danny & Jura

10TEMIDOS

Course : 12 KM DUPLA FEMININA

Distance : 12000m (Climbing 244m)

Time : 2:30:23,007 (12'32"/km)

7/8

O.K.

[Full result on Webres](#)

1.	Maria E Elaine	1:34:03,562
2.	Adeilda/eliane	1:41:53,632
3.	Vivi E Marleide	1:50:57,984

1.	70	00:40:20		4180m	9'39"/km	FIM DO DESAFIO
2.	73	01:23:18	02:03:38	6350m	13'07"/km	RETORNO 12KM
3.	999	00:26:45	02:30:23	1570m	17'02"/km	CHEGADA

HELGA



Orienteering Software