



TRAIL RUN F5 - ETAPA 5

PILAR - AL 20.8.2023

TRAIL RUN F5

Luzia E Marcelo

MUTUM

Course : 12 KM DUPLA MISTA

Distance : 12000m (Climbing 244m)

Time : 1:21:13,183 (6'46"/km)

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O.K.

[Full result on Webres](#)

1. Walter e Mari

1:19:17,476

3. Fátima E Edson

1:23:18,703

1.	70	00:21:57		4180m	5'15"/km	FIM DO DESAFIO
2.	73	00:41:11	01:03:08	6350m	6'29"/km	RETORNO 12KM
3.	999	00:18:05	01:21:13	1570m	11'31"/km	CHEGADA

HELGA



Orienteering Software