



TRAIL RUN - F5 - ETAPA 2
MACEIÓ - AL 16.6.2024
TRAIL RUN F5

Silvia E Marcia

PADIMI MOTEL

Omloop : Fast Dupla Feminina

Afstand : 6500m (Hoogteverschil 100m)

Tijd : 0:57:08 (8'47"/km)

4/16

O.K.

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|--------------------|---------|
| 1. Cidinha E Rosa | 0:50:10 |
| 2. Tata E Jarlline | 0:55:36 |
| 3. Gk /neilda | 0:56:34 |

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|----|----|----------|----------|-------|----------|-----------------------------|
| 1. | 72 | 00:12:46 | | 2000m | 6'23"/km | TRILHA FAST |
| 2. | 73 | 00:17:38 | 00:30:24 | 1900m | 9'17"/km | RETORNO TRILHA |
| 3. | 70 | 00:26:44 | 00:57:08 | 3970m | 6'44"/km | CHEGADA - RETORNO CHALLENGE |

HELGA



Orienteering Software