



TRAIL RUN - F5 - ETAPA 2

MACEIÓ - AL 16.6.2024

TRAIL RUN F5

Silmara Farias

Inspire

Course : Fast Solo Feminino 30-39 anos

Distance : 6500m (Climbing 100m)

Time : 1:28:51 (13'40"/km)

16/19

O.K.

[Full result on Webres](#)

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|-----------------------------------|---------|
| 1. Roseane Maria Dos Santos | 0:53:31 |
| 2. Ana Lúgia Barros Matias Barros | 0:54:16 |
| 3. Lidiane Silva | 0:54:28 |

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|----|----|----------|----------|-------|-----------|-----------------------------|
| 1. | 72 | 00:19:10 | | 2000m | 9'35"/km | TRILHA FAST |
| 2. | 73 | 00:27:56 | 00:47:06 | 1900m | 14'42"/km | RETORNO TRILHA |
| 3. | 70 | 00:41:45 | 01:28:51 | 3970m | 10'31"/km | CHEGADA - RETORNO CHALLENGE |

HELGA



Orienteering Software