



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

ELIZONIA TORRES

INDIV.

Course : Fast Solo Feminino 40-49 anos

Distance : 6500m (Climbing 100m)

Time : 1:03:08 (9'43"/km)

4/18

O.K.

[Full result on Webres](#)

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|------------------------------|---------|
| 1. Adriana Da Silva | 0:54:56 |
| 2. Maria Guarino | 0:56:31 |
| 3. Plácida Da Costa Carvalho | 1:02:19 |

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|----|----|----------|----------|-------|----------|-----------------------------|
| 1. | 72 | 00:14:48 | | 2000m | 7'24"/km | TRILHA FAST |
| 2. | 73 | 00:18:51 | 00:33:39 | 1900m | 9'55"/km | RETORNO TRILHA |
| 3. | 70 | 00:29:29 | 01:03:08 | 3970m | 7'26"/km | CHEGADA - RETORNO CHALLENGE |

HELGA



Orienteering Software