



2 ETAPA CAMPEONATO ALAGOANO DE TRAIL RUN - F5TRAILR

UTINGA - RIO LARGO - AL 4.7.2021

TRAILRUN F5

Sandro Romão

F5 RUNNERS

Course : 12KMSOMAS

Distance : 12500m (Climbing 323m)

Time : 1:33:40,824 (8,01 km/h)

53/111

O.K.

[Full result on Webres](#)

1. Laércio	0:54:06,425
2. Paixão	0:58:24,382
3. Johny	0:59:13,632

1.	81	00:29:52		3770m	7.57 km/h	1º PC 12KM (BAMBUZAL)
2.	82	00:30:23	01:00:15	4660m	9.20 km/h	PASSAGEM NA CERCA
3.	83	00:11:29	01:11:44	1070m	5.59 km/h	H2O NA TRILHA (INÍCIO DO DESAFIO)
4.	84	00:15:11	01:26:55	2000m	7.90 km/h	FIM DO DESAFIO - ÚLTIMO H2O
5.	999	00:06:45	01:33:40	1000m	8.89 km/h	CHEGADA

HELGA



Orienteering Software