



HTR - TRAIL RUN - ETAPA 3

MAXARANGUAPE - RN 29.9.2024

HTR - TRAIL RUN

Allan Runners

ALLAN RUNNERS TRAINING

Course : DUPLA FAST MISTA

Distance : 6450m (Climbing 142m)

Time : 0:47:18,691 (7'20"/km)

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O.K.

[Full result on Webres](#)

1. Adsumus	0:41:28,519
2. Allan Runners	0:47:18,511
3. Amigos Runners	0:50:32,449

1.	71	00:10:11		1850m	5'30"/km	INICIO DO DESAFIO
2.	72	00:10:15	00:20:26	950m	10'47"/km	FIM DO DESAFIO
3.	74	00:12:20	00:32:46	1700m	7'15"/km	RETORNO 5KM
4.	999	00:14:32	00:47:18	1940m	7'29"/km	CHEGADA

