



Treino Sprint Ceasa

CEASA - Curitiba/PR 10.4.2022

Clube de Orientação de Curitiba

Alexandre Cesar Nass

Clube de Orientação de Curitiba

Percurso : H Master A

Distancia : 3400m (Desnivel 5m)

Tempo : 0:27:16 (8'01"/km)

5/11

O.K.

[Resultados completos em Webres](#)

1. Adilson Przybylski	0:25:03
2. Ivo Reck Neto	0:25:31
3. Michel Dotti	0:26:56

1.	100	00:00:43		108m	6'38"/km
2.	97	00:01:01	00:01:44	155m	6'34"/km
3.	102	00:00:16	00:02:00	36m	7'24"/km
4.	106	00:01:09	00:03:09	139m	8'16"/km
5.	111	00:01:21	00:04:30	160m	8'26"/km
6.	91	00:01:50	00:06:20	188m	9'45"/km
7.	117	00:02:09	00:08:29	275m	7'49"/km
8.	115	00:01:17	00:09:46	145m	8'51"/km
9.	116	00:01:04	00:10:50	111m	9'37"/km
10.	114	00:00:57	00:11:47	115m	8'16"/km
11.	110	00:02:33	00:14:20	293m	8'42"/km
12.	96	00:02:38	00:16:58	239m	11'01"/km
13.	103	00:01:47	00:18:45	181m	9'51"/km
14.	104	00:03:13	00:21:58	213m	15'06"/km
15.	109	00:01:43	00:23:41	173m	9'55"/km
16.	100	00:02:33	00:26:14	301m	8'28"/km
17.	113	00:00:48	00:27:02	97m	8'15"/km
18.	999	00:00:14	00:27:16	28m	8'20"/km

Orienteering Software