



Treino e Iniciação COC 2023

Recanto Santa Maria - Alm Tam 5.3.2023

Clube de Orientação de Curitiba

Alessandro Zen

Clube de Orientação de Curitiba

Percurso : H Adulto E

Distancia : 5100m (Desnivel 110m)

Tempo : 2:19:26 (27'20"/km)

7/9

O.K.

[Resultados completos em Webres](#)

1. Gilnei Kraftzuk	1:00:03
2. Marcelo Victor Demarchi	1:11:31
3. Leandro Junior Do Nascimento	1:28:27

1.	136	00:00:59		147m	6'41"/km
2.	134	00:02:52	00:03:51	229m	12'31"/km
3.	132	00:01:24	00:05:15	228m	6'08"/km
4.	105	00:01:55	00:07:10	208m	9'13"/km
5.	104	00:03:36	00:10:46	460m	7'50"/km
6.	106	00:01:59	00:12:45	285m	6'58"/km
7.	140	00:01:13	00:13:58	145m	8'23"/km
8.	126	00:01:19	00:15:17	131m	10'03"/km
9.	97	00:10:43	00:26:00	577m	18'34"/km
10.	94	00:08:19	00:34:19	146m	56'58"/km
11.	96	00:02:17	00:36:36	58m	39'22"/km
12.	91	00:02:31	00:39:07	73m	34'28"/km
13.	93	00:04:57	00:44:04	225m	22'00"/km
14.	107	00:03:41	00:47:45	96m	38'22"/km
15.	131	00:05:58	00:53:43	268m	22'16"/km
16.	133	00:04:59	00:58:42	135m	36'55"/km
17.	126	00:03:10	01:01:52	374m	8'28"/km
18.	125	00:04:06	01:05:58	213m	19'15"/km
19.	102	00:05:40	01:11:38	361m	15'42"/km
20.	121	00:02:23	01:14:01	91m	26'11"/km
21.	101	00:10:47	01:24:48	172m	62'42"/km
22.	100	00:07:00	01:31:48	133m	52'38"/km
23.	124	00:02:46	01:34:34	164m	16'52"/km
24.	126	00:01:45	01:36:19	104m	16'50"/km
25.	137	00:07:35	01:43:54	667m	11'22"/km
26.	139	00:03:13	01:47:07	117m	27'30"/km
27.	90	00:01:59	01:49:06	235m	8'26"/km
28.	999	00:00:20	01:49:26	65m	5'08"/km

Orienteering Software