



# Treino e Iniciação COC 2023

## Recanto Santa Maria - Alm Tam 5.3.2023

### Clube de Orientação de Curitiba

**Maria Catarina Demeterko Rodrigues  
Da Costa**

Clube de Orientação Gralha Azul

Percurso : D Veter A

Distancia : 3500m (Desnivel 85m)

Tempo : 2:00:45 (34'30"/km)

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O.K.

[Resultados completos em Webres](#)

- |                                  |         |
|----------------------------------|---------|
| 2. Neusa Hissako Doy Bandoch     | 2:12:47 |
| 3. Mary Célia De Barros Claudino | 2:36:00 |

|     |     |          |          |      |            |
|-----|-----|----------|----------|------|------------|
| 1.  | 136 | 00:02:31 |          | 147m | 17'07"/km  |
| 2.  | 104 | 00:02:34 | 00:05:05 | 266m | 9'39"/km   |
| 3.  | 106 | 00:02:46 | 00:07:51 | 285m | 9'42"/km   |
| 4.  | 140 | 00:01:24 | 00:09:15 | 145m | 9'39"/km   |
| 5.  | 71  | 00:04:09 | 00:13:24 | 206m | 20'09"/km  |
| 6.  | 130 | 00:08:01 | 00:21:25 | 373m | 21'30"/km  |
| 7.  | 95  | 00:18:06 | 00:39:31 | 103m | 175'44"/km |
| 8.  | 93  | 00:07:37 | 00:47:08 | 225m | 33'51"/km  |
| 9.  | 107 | 00:03:04 | 00:50:12 | 96m  | 31'57"/km  |
| 10. | 138 | 00:08:02 | 00:58:14 | 187m | 42'58"/km  |
| 11. | 131 | 00:07:38 | 01:05:52 | 118m | 64'41"/km  |
| 12. | 71  | 00:09:56 | 01:15:48 | 425m | 23'22"/km  |
| 13. | 100 | 00:04:24 | 01:20:12 | 168m | 26'11"/km  |
| 14. | 122 | 00:09:04 | 01:29:16 | 184m | 49'17"/km  |
| 15. | 121 | 00:03:19 | 01:32:35 | 127m | 26'07"/km  |
| 16. | 79  | 00:10:32 | 01:43:07 | 59m  | 178'32"/km |
| 17. | 76  | 00:02:40 | 01:45:47 | 182m | 14'39"/km  |
| 18. | 129 | 00:05:28 | 01:51:15 | 388m | 14'05"/km  |
| 19. | 71  | 00:03:41 | 01:54:56 | 258m | 14'17"/km  |
| 20. | 80  | 00:02:58 | 01:57:54 | 350m | 8'29"/km   |
| 21. | 90  | 00:02:20 | 02:00:14 | 122m | 19'08"/km  |
| 22. | 999 | 00:00:31 | 02:00:45 | 65m  | 7'57"/km   |

Orienteering Software