



Treino e Iniciação COC 2023

Recanto Santa Maria - Alm Tam 5.3.2023

Clube de Orientação de Curitiba

Alexandre Cesar Nass

Clube de Orientação de Curitiba

Percurso : H Master A

Distancia : 4200m (Desnivel 95m)

Tempo : 1:37:09 (23'08"/km)

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O.K.

[Resultados completos em Webres](#)

2. Franklin Hiroshi Shimizu

2:20:16

1.	105	00:00:49		133m	6'08"/km
2.	132	00:01:57	00:02:46	208m	9'23"/km
3.	134	00:01:50	00:04:36	228m	8'02"/km
4.	104	00:03:30	00:08:06	487m	7'11"/km
5.	106	00:01:54	00:10:00	285m	6'40"/km
6.	140	00:01:01	00:11:01	145m	7'01"/km
7.	126	00:01:21	00:12:22	131m	10'18"/km
8.	124	00:02:23	00:14:45	104m	22'55"/km
9.	100	00:01:57	00:16:42	164m	11'53"/km
10.	121	00:06:37	00:23:19	279m	23'43"/km
11.	102	00:01:47	00:25:06	91m	19'36"/km
12.	101	00:04:08	00:29:14	129m	32'02"/km
13.	125	00:04:55	00:34:09	276m	17'49"/km
14.	126	00:02:18	00:36:27	213m	10'48"/km
15.	133	00:05:32	00:41:59	374m	14'48"/km
16.	131	00:04:53	00:46:52	135m	36'10"/km
17.	91	00:23:56	01:10:48	138m	173'26"/km
18.	94	00:04:12	01:15:00	102m	41'11"/km
19.	93	00:07:33	01:22:33	269m	28'04"/km
20.	107	00:03:43	01:26:16	96m	38'43"/km
21.	138	00:02:05	01:28:21	187m	11'08"/km
22.	126	00:04:26	01:32:47	535m	8'17"/km
23.	80	00:02:21	01:35:08	337m	6'58"/km
24.	90	00:01:31	01:36:39	122m	12'26"/km
25.	999	00:00:30	01:37:09	65m	7'42"/km

Orienteering Software