



Treino e Iniciação COC 2023

Recanto Santa Maria - Alm Tam 5.3.2023

Clube de Orientação de Curitiba

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Clube de Orientação Gralha Azul

Percurso : H Senior A

Distancia : 4100m (Desnivel 95m)

Tempo : 2:33:01 (37'19"/km)

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O.K.

[Resultados completos em Webres](#)

1.	105	00:01:00		133m	7'31"/km
2.	132	00:02:08	00:03:08	208m	10'15"/km
3.	134	00:02:44	00:05:52	228m	11'59"/km
4.	104	00:05:39	00:11:31	487m	11'36"/km
5.	106	00:01:45	00:13:16	285m	6'08"/km
6.	140	00:01:10	00:14:26	145m	8'03"/km
7.	71	00:02:30	00:16:56	206m	12'08"/km
8.	70	00:02:26	00:19:22	337m	7'13"/km
9.	92	00:23:32	00:42:54	151m	155'51"/km
10.	107	00:09:38	00:52:32	268m	35'57"/km
11.	93	00:05:38	00:58:10	96m	58'41"/km
12.	94	00:11:41	01:09:51	269m	43'26"/km
13.	91	00:04:13	01:14:04	102m	41'20"/km
14.	133	00:09:20	01:23:24		
15.	71	00:03:34	01:26:58	324m	11'00"/km
16.	100	00:02:04	01:29:02	168m	12'18"/km
17.	121	00:07:37	01:36:39	279m	27'18"/km
18.	102	00:02:28	01:39:07	91m	27'06"/km
19.	101	00:05:31	01:44:38	129m	42'46"/km
20.	125	00:11:14	01:55:52	276m	40'42"/km
21.	71	00:02:47	01:58:39	264m	10'33"/km
22.	80	00:02:10	02:00:49	350m	6'11"/km
23.	90	00:01:48	02:02:37	122m	14'45"/km
24.	999	00:00:24	02:03:01	65m	6'09"/km

Orienteering Software