



VII COPA SUL DE ORIENTAÇÃO - Percurso LONGO

Fazenda Chopim I - Palmas/PR 29.7.2023

Cobra Clube de Orientação

Jorge Montenegro Da Silva

Associação Desportiva Alm. Adalberto
Nunes

Percurso : H21E

Distancia : 11000m (Desnivel 420m)

Tempo : 1:29:16 (8'07"/km) [Pontos : 30]

7/34

O.K.

[Resultados completos em Webres](#)

- | | |
|---------------------------|--------------|
| 1. Fábio Kuczkoski | 1:10:23 [40] |
| 2. Flademir Rudinei Groos | 1:20:35 [37] |
| 3. Claudinei Nitsch | 1:21:20 [35] |

1.	347	00:02:35		340m	7'36"/km
2.	338	00:02:32	00:05:07	308m	8'14"/km
3.	324	00:01:38	00:06:45	178m	9'11"/km
4.	317	00:09:01	00:15:46	807m	11'10"/km
5.	318	00:01:52	00:17:38	162m	11'31"/km
6.	303	00:05:09	00:22:47	663m	7'46"/km
7.	302	00:02:19	00:25:06	228m	10'10"/km
8.	337	00:01:49	00:26:55	268m	6'47"/km
9.	339	00:02:01	00:28:56	270m	7'28"/km
10.	345	00:01:35	00:30:31	203m	7'48"/km
11.	306	00:01:50	00:32:21	245m	7'29"/km
12.	343	00:04:06	00:36:27	408m	10'03"/km
13.	303	00:03:11	00:39:38	338m	9'25"/km
14.	339	00:04:26	00:44:04	504m	8'48"/km
15.	336	00:02:24	00:46:28	269m	8'55"/km
16.	327	00:01:29	00:47:57	202m	7'21"/km
17.	307	00:03:39	00:51:36	688m	5'18"/km
18.	305	00:02:24	00:54:00	210m	11'26"/km
19.	348	00:11:33	01:05:33	1506m	7'40"/km
20.	354	00:02:47	01:08:20	238m	11'42"/km
21.	353	00:02:44	01:11:04	370m	7'23"/km
22.	321	00:01:25	01:12:29	142m	9'59"/km
23.	350	00:01:01	01:13:30	199m	5'07"/km
24.	320	00:03:35	01:17:05	433m	8'17"/km
25.	323	00:04:15	01:21:20	300m	14'10"/km
26.	325	00:05:24	01:26:44	456m	11'51"/km
27.	31	00:02:08	01:28:52	483m	4'25"/km
28.	999	00:00:24	01:29:16	77m	5'12"/km

Orienteering Software