



treino coprin 2
SEST SENAT 5.8.2023
Clube de Orientação Princesa dos Campos

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Clube de Orientação Princesa dos Campos

Percurso : JUVEN 1

Distancia : 2500m (Desnivel 40m)

Tempo : 0:34:04 (13'38"/km)

2/6

O.K.

[Resultados completos em Webres](#)

- | | |
|-------------------------|---------|
| 1. Marco Aurelio Caldas | 0:33:19 |
| 3. Flávia Vilas Boas | 0:36:08 |

1.	71	00:01:22		174m	7'51"/km
2.	135	00:00:40	00:02:02	91m	7'20"/km
3.	74	00:01:12	00:03:14	139m	8'38"/km
4.	70	00:02:40	00:05:54	117m	22'48"/km
5.	134	00:01:06	00:07:00	103m	10'41"/km
6.	92	00:01:11	00:08:11	68m	17'24"/km
7.	123	00:01:48	00:09:59	159m	11'19"/km
8.	125	00:00:50	00:10:49	75m	11'07"/km
9.	134	00:00:42	00:11:31	82m	8'32"/km
10.	76	00:04:30	00:16:01	119m	37'49"/km
11.	136	00:01:45	00:17:46	144m	12'09"/km
12.	73	00:00:51	00:18:37	97m	8'46"/km
13.	131	00:02:55	00:21:32	257m	11'21"/km
14.	94	00:02:18	00:23:50	138m	16'40"/km
15.	125	00:01:51	00:25:41	172m	10'45"/km
16.	91	00:02:03	00:27:44	143m	14'20"/km
17.	90	00:00:57	00:28:41	70m	13'34"/km
18.	97	00:01:53	00:30:34	147m	12'49"/km
19.	130	00:01:17	00:31:51	50m	25'40"/km
20.	127	00:01:05	00:32:56	75m	14'27"/km
21.	138	00:00:46	00:33:42	67m	11'27"/km
22.	124	00:00:17	00:33:59	38m	7'27"/km
23.	999	00:00:05	00:34:04	21m	3'58"/km

Orienteering Software