



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

Marco Antonio Vieira Junior

Clube de Orientação Princesa dos Campos

Percurso : Adulto 1

Distancia : 2300m (Desnivel 40m)

Tempo : 0:29:32 (12'50"/km)

4/4

O.K.

[Resultados completos em Webres](#)

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| 1. João Adelson Silva | 0:17:38 |
| 2. Clederson Josué Ferreira | 0:18:09 |
| 3. Cristiano Veiga Sokolowski | 0:22:55 |

1.	80	00:02:44		108m	25'19"/km
2.	126	00:00:48	00:03:32	58m	13'48"/km
3.	92	00:00:37	00:04:09	68m	9'04"/km
4.	91	00:00:33	00:04:42	69m	7'58"/km
5.	132	00:00:53	00:05:35	103m	8'35"/km
6.	125	00:00:48	00:06:23	83m	9'38"/km
7.	126	00:00:42	00:07:05	82m	8'32"/km
8.	74	00:00:52	00:07:57	112m	7'44"/km
9.	71	00:02:04	00:10:01	147m	14'04"/km
10.	135	00:01:37	00:11:38	91m	17'46"/km
11.	73	00:00:30	00:12:08	44m	11'22"/km
12.	138	00:01:53	00:14:01	160m	11'46"/km
13.	76	00:00:28	00:14:29	56m	8'20"/km
14.	136	00:01:18	00:15:47	144m	9'02"/km
15.	72	00:00:37	00:16:24	73m	8'27"/km
16.	94	00:03:40	00:20:04	354m	10'21"/km
17.	90	00:02:08	00:22:12	194m	11'00"/km
18.	97	00:02:49	00:25:01	147m	19'10"/km
19.	130	00:02:47	00:27:48	50m	55'40"/km
20.	127	00:01:02	00:28:50	75m	13'47"/km
21.	124	00:00:34	00:29:24	58m	9'46"/km
22.	999	00:00:08	00:29:32	21m	6'21"/km

Orienteering Software