



III Treino e Curso de Orientação FODF

CAALEX - DF 12.8.2023

Federação de Orientação do Distrito Federal

José Lino Lopes Da Roza

TRAÇADO LIVRE

Percurso : Livre M

Distancia : 5400m

Tempo : 1:37:37 (18'05"/km)

13/21

O.K.

[Resultados completos em Webres](#)

- | | |
|-----------------------------------|---------|
| 1. Arten Lavrinovich | 0:15:15 |
| 2. Juliano Pasturiza | 0:16:41 |
| 3. Carlos Frederico Bahia Barreto | 0:23:32 |

1.	31	00:01:51		130m	14'14"/km
2.	32	00:00:47	00:02:38	165m	4'45"/km
3.	33	00:03:16	00:05:54	176m	18'34"/km
4.	34	00:01:49	00:07:43	113m	16'05"/km
5.	35	00:01:47	00:09:30	115m	15'30"/km
6.	36	00:04:37	00:14:07	59m	78'15"/km
7.	37	00:00:48	00:14:55	145m	5'31"/km
8.	38	00:00:49	00:15:44	74m	11'02"/km
9.	39	00:03:17	00:19:01	130m	25'15"/km
10.	40	00:04:47	00:23:48	113m	42'20"/km
11.	41	00:01:13	00:25:01	183m	6'39"/km
12.	42	00:00:58	00:25:59	168m	5'45"/km
13.	43	00:01:55	00:27:54	111m	17'16"/km
14.	44	00:00:40	00:28:34	89m	7'29"/km
15.	45	00:04:14	00:32:48	67m	63'11"/km
16.	46	00:04:08	00:36:56	82m	50'24"/km
17.	47	00:04:25	00:41:21	66m	66'55"/km
18.	48	00:03:02	00:44:23	113m	26'51"/km
19.	49	00:02:18	00:46:41	120m	19'10"/km
20.	50	00:00:46	00:47:27	169m	4'32"/km
21.	51	00:03:28	00:50:55	62m	55'55"/km
22.	52	00:01:24	00:52:19	188m	7'27"/km
23.	53	00:02:14	00:54:33	208m	10'44"/km
24.	54	00:00:37	00:55:10	111m	5'33"/km
25.	55	00:00:37	00:55:47	182m	3'23"/km
26.	56	00:01:11	00:56:58	109m	10'51"/km
27.	57	00:00:35	00:57:33	120m	4'52"/km
28.	58	00:02:14	00:59:47	115m	19'25"/km
29.	59	00:02:38	01:02:25	226m	11'39"/km
30.	60	00:01:48	01:04:13	179m	10'03"/km
31.	62	00:03:09	01:07:22	211m	14'56"/km
32.	63	00:03:01	01:10:23	44m	68'34"/km
33.	64	00:00:52	01:11:15	41m	21'08"/km
34.	65	00:03:59	01:15:14	91m	43'46"/km
35.	69	00:02:55	01:18:09		
36.	70	00:00:26	01:18:35	39m	11'07"/km



37.	71	00:00:26	01:19:01	116m	3'44"/km
38.	72	00:00:29	01:19:30	38m	12'43"/km
39.	73	00:00:30	01:20:00	55m	9'05"/km
40.	74	00:02:14	01:22:14	43m	51'56"/km
41.	75	00:01:18	01:23:32	53m	24'32"/km
42.	76	00:00:49	01:24:21	40m	20'25"/km
43.	77	00:01:08	01:25:29	62m	18'17"/km
44.	67	00:02:42	01:28:11		
45.	78	00:01:18	01:29:29		
46.	79	00:05:31	01:35:00	208m	26'31"/km
47.	999	00:02:37	01:37:37	202m	12'57"/km

HELGA



Orienteering Software