



Treino 26 - EsPCEEx
Jardim Chapadão 23.8.2023
Clube de Orientação da EsPCEEx

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Clube de Orientação da EsPCEEx

Percurso : H21B

Distancia : 5000m (Desnivel 150m)

Tempo : 0:37:33 (7'31"/km)

6/10

O.K.

[Resultados completos em Webres](#)

- | | |
|-------------------------------------|---------|
| 1. Gabriel Rocha Braga | 0:35:02 |
| 2. Rhuan Marcelo Mota Garcia | 0:35:56 |
| 3. José Ângelo Pazianoto De Vilhena | 0:36:32 |

1.	31	00:01:06		200m	5'30"/km
2.	36	00:01:39	00:02:45	251m	6'34"/km
3.	37	00:02:46	00:05:31	126m	21'57"/km
4.	32	00:00:00	00:05:31	155m	0'00"/km
5.	33	00:08:58	00:14:29	162m	55'21"/km
6.	36	00:01:01	00:15:30	221m	4'36"/km
7.	42	00:03:55	00:19:25	420m	9'20"/km
8.	39	00:03:44	00:23:09	407m	9'10"/km
9.	38	00:01:37	00:24:46	216m	7'29"/km
10.	31	00:00:37	00:25:23	205m	3'00"/km
11.	37	00:03:09	00:28:32	298m	10'34"/km
12.	34	00:01:28	00:30:00	291m	5'02"/km
13.	40	00:02:09	00:32:09	341m	6'18"/km
14.	42	00:03:47	00:35:56	347m	10'54"/km
15.	41	00:02:12	00:38:08	269m	8'11"/km
16.	32	00:00:00	00:38:08	424m	0'00"/km
17.	35	00:08:04	00:46:12	291m	27'43"/km
18.	43	00:00:11	00:46:23	238m	0'46"/km
19.	999	00:00:00	00:46:23	80m	0'00"/km

Orienteering Software