



Treino 33 - 2023
Jardim Chapadão 18.9.2023
Clube de Orientação da EsPCEEx

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Clube de Orientação da EsPCEEx

Percurso : H21B

Distancia : 8800m (Desnivel 150m)

Tempo : 1:06:19 (7'32"/km)

2/15

O.K.

[Resultados completos em Webres](#)

1. Leonardo Naysinger Arruda 1:04:34
3. João Pedro Carvalho De Oliveira 1:08:24

1.	43	00:05:23		441m	12'12"/km
2.	45	00:03:52	00:09:15	589m	6'34"/km
3.	42	00:01:46	00:11:01	147m	12'01"/km
4.	41	00:01:21	00:12:22	266m	5'05"/km
5.	44	00:01:16	00:13:38	201m	6'18"/km
6.	46	00:01:32	00:15:10	226m	6'47"/km
7.	47	00:01:01	00:16:11	162m	6'17"/km
8.	51	00:05:26	00:21:37	663m	8'12"/km
9.	59	00:01:12	00:22:49	171m	7'01"/km
10.	50	00:02:34	00:25:23	330m	7'47"/km
11.	49	00:01:37	00:27:00	206m	7'51"/km
12.	54	00:02:52	00:29:52	372m	7'42"/km
13.	53	00:02:16	00:32:08	403m	5'37"/km
14.	48	00:01:29	00:33:37	182m	8'09"/km
15.	57	00:01:32	00:35:09	212m	7'14"/km
16.	47	00:02:10	00:37:19	273m	7'56"/km
17.	44	00:01:36	00:38:55	257m	6'14"/km
18.	35	00:05:31	00:44:26	687m	8'02"/km
19.	36	00:04:57	00:49:23	487m	10'10"/km
20.	38	00:02:25	00:51:48	317m	7'37"/km
21.	37	00:02:55	00:54:43	374m	7'48"/km
22.	33	00:02:20	00:57:03	288m	8'06"/km
23.	31	00:01:08	00:58:11	155m	7'19"/km
24.	32	00:00:50	00:59:01	110m	7'35"/km
25.	39	00:03:08	01:02:09	496m	6'19"/km
26.	60	00:02:15	01:04:24	430m	5'14"/km
27.	58	13:07:57	14:12:21	150m	5253'00"/km
28.	999	01:06:02	15:18:23	123m	536'51"/km

Orienteering Software