



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

Gabriele Albuquerque Dos Anjos

Clube de Orientação da EsPCEEx

Percurso : H21B

Distancia : 8800m (Desnivel 150m)

Tempo : 1:31:28 (10'24"/km)

12/15

O.K.

[Resultados completos em Webres](#)

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|------------------------------------|---------|
| 1. Leonardo Naysinger Arruda | 1:04:34 |
| 2. Rhuan Marcelo Mota Garcia | 1:06:19 |
| 3. João Pedro Carvalho De Oliveira | 1:08:24 |

1.	43	00:03:03		441m	6'55"/km
2.	45	00:05:05	00:08:08	589m	8'38"/km
3.	42	00:01:57	00:10:05	147m	13'16"/km
4.	41	00:01:29	00:11:34	266m	5'35"/km
5.	44	00:01:43	00:13:17	201m	8'32"/km
6.	46	00:01:47	00:15:04	226m	7'53"/km
7.	47	00:01:19	00:16:23	162m	8'08"/km
8.	51	00:06:27	00:22:50	663m	9'44"/km
9.	59	00:01:33	00:24:23	171m	9'04"/km
10.	50	00:03:08	00:27:31	330m	9'30"/km
11.	49	00:01:56	00:29:27	206m	9'23"/km
12.	54	00:03:46	00:33:13	372m	10'08"/km
13.	53	00:03:17	00:36:30	403m	8'09"/km
14.	48	00:02:23	00:38:53	182m	13'06"/km
15.	57	00:02:11	00:41:04	212m	10'18"/km
16.	47	00:02:08	00:43:12	273m	7'49"/km
17.	44	00:02:14	00:45:26	257m	8'41"/km
18.	35	00:06:52	00:52:18	687m	10'00"/km
19.	36	00:11:08	01:03:26	487m	22'52"/km
20.	38	00:06:04	01:09:30	317m	19'08"/km
21.	37	00:03:39	01:13:09	374m	9'46"/km
22.	33	00:02:49	01:15:58	288m	9'47"/km
23.	31	00:01:23	01:17:21	155m	8'55"/km
24.	32	00:04:25	01:21:46	110m	40'09"/km
25.	39	00:03:59	01:25:45	496m	8'02"/km
26.	60	00:03:02	01:28:47	430m	7'03"/km
27.	58	13:08:30	14:37:17	150m	5256'40"/km
28.	999	01:05:49	15:43:06	123m	535'06"/km

Orienteering Software