



# Treino COC Mapa 2

## Neoville - CIC - Curitiba 3.2.2024

### Clube de Orientação de Curitiba

#### Symone Hernandes

Clube de Orientação Gralha Azul

Percurso : D MASTER

Distancia : 600m (Desnivel 8m)

Tempo : 0:06:09 (10'15"/km)

1/7

O.K.

[Resultados completos em Webres](#)

- |                                  |         |
|----------------------------------|---------|
| 2. Caroline Roman Ribeiro        | 0:06:47 |
| 3. Mary Célia De Barros Claudino | 0:07:42 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 74  | 00:00:22 |          | 42m  | 8'44"/km  |
| 2.  | 92  | 00:00:15 | 00:00:37 | 21m  | 11'54"/km |
| 3.  | 71  | 00:00:30 | 00:01:07 | 31m  | 16'08"/km |
| 4.  | 74  | 00:00:47 | 00:01:54 | 43m  | 18'13"/km |
| 5.  | 80  | 00:00:30 | 00:02:24 | 44m  | 11'22"/km |
| 6.  | 71  | 00:00:28 | 00:02:52 | 45m  | 10'22"/km |
| 7.  | 79  | 00:00:15 | 00:03:07 | 25m  | 10'00"/km |
| 8.  | 93  | 00:00:50 | 00:03:57 | 83m  | 10'02"/km |
| 9.  | 102 | 00:00:55 | 00:04:52 | 128m | 7'10"/km  |
| 10. | 104 | 00:00:37 | 00:05:29 | 82m  | 7'31"/km  |
| 11. | 90  | 00:00:30 | 00:05:59 | 72m  | 6'57"/km  |
| 12. | 999 | 00:00:10 | 00:06:09 | 35m  | 4'46"/km  |

HELGA

Orienteering Software