



Treino COC Mapa 3

Neoville - CIC - Curitiba 3.2.2024

Clube de Orientação de Curitiba

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Clube de Orientação de Curitiba

Percurso : H SENIOR

Distancia : 1300m (Desnivel 15m)

Tempo : 0:09:06 (7'00"/km)

2/6

O.K.

[Resultados completos em Webres](#)

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|----------------------------|---------|
| 1. Luiz Fabiano Effgen | 0:08:29 |
| 3. Manoel Jesus De Almeida | 0:09:33 |

1.	74	00:00:21		38m	9'13"/km
2.	91	00:00:33	00:00:54	44m	12'30"/km
3.	96	00:01:24	00:02:18	205m	6'50"/km
4.	119	00:00:28	00:02:46	69m	6'46"/km
5.	104	00:00:37	00:03:23	70m	8'49"/km
6.	109	00:00:50	00:04:13	131m	6'22"/km
7.	120	00:00:39	00:04:52	89m	7'18"/km
8.	117	00:00:14	00:05:06	32m	7'18"/km
9.	107	00:01:02	00:06:08	126m	8'12"/km
10.	102	00:02:25	00:08:33	431m	5'36"/km
11.	90	00:00:22	00:08:55	64m	5'44"/km
12.	999	00:00:11	00:09:06	24m	7'38"/km

HELGA

Orienteering Software