



# Treino COC Mapa 3

## Neoville - CIC - Curitiba 3.2.2024

### Clube de Orientação de Curitiba

**Ricardo Anhaia Ribeiro**

Clube de Orientação de Curitiba

Percurso : H ADULTO

Distancia : 1500m (Desnivel 20m)

Tempo : 0:08:40 (5'47"/km)

**5/16**

O.K.

[Resultados completos em Webres](#)

- |                                    |         |
|------------------------------------|---------|
| 1. Robson Felipe Marques           | 0:07:51 |
| 2. Cesar Cardia Piana              | 0:08:03 |
| 3. Phelipe Salomé Silva De Almeida | 0:08:31 |

|     |     |          |          |      |          |
|-----|-----|----------|----------|------|----------|
| 1.  | 92  | 00:00:22 |          | 55m  | 6'40"/km |
| 2.  | 91  | 00:00:22 | 00:00:44 | 42m  | 8'44"/km |
| 3.  | 107 | 00:02:39 | 00:03:23 | 491m | 5'24"/km |
| 4.  | 112 | 00:00:30 | 00:03:53 | 90m  | 5'33"/km |
| 5.  | 108 | 00:00:13 | 00:04:06 | 33m  | 6'34"/km |
| 6.  | 114 | 00:00:15 | 00:04:21 | 35m  | 7'09"/km |
| 7.  | 106 | 00:00:53 | 00:05:14 | 148m | 5'58"/km |
| 8.  | 109 | 00:00:36 | 00:05:50 | 89m  | 6'44"/km |
| 9.  | 105 | 00:00:58 | 00:06:48 | 131m | 7'23"/km |
| 10. | 94  | 00:00:30 | 00:07:18 | 77m  | 6'30"/km |
| 11. | 102 | 00:00:53 | 00:08:11 | 175m | 5'03"/km |
| 12. | 90  | 00:00:21 | 00:08:32 | 64m  | 5'28"/km |
| 13. | 999 | 00:00:08 | 00:08:40 | 24m  | 5'33"/km |

HELGA

Orienteering Software