



**3a Etapa do CMOC 2021**  
**Tamanduá - Balsa Nova - PR 3.10.2021**  
**Clube de Orientação de Curitiba**

**Ana Paula Manerich Sá**

COGA

Percurso : D Juven B

Distancia : 3800m (Desnivel 90m)

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não classificado

[Resultados completos em Webres](#)

1. Helena Roniak dos Santos

1:11:07

|     |     |          |          |      |            |
|-----|-----|----------|----------|------|------------|
| 1.  | 134 | 00:04:52 |          | 119m | 40'54"/km  |
| 2.  | 135 | 00:05:34 | 00:10:26 | 302m | 18'26"/km  |
| 3.  | 123 | 00:08:05 | 00:18:31 | 273m | 29'37"/km  |
| 4.  | 126 | 00:07:34 | 00:26:05 | 286m | 26'27"/km  |
| 5.  | 93  | 00:15:16 | 00:41:21 | 613m | 24'54"/km  |
| 6.  | 108 | 00:05:01 | 00:46:22 | 306m | 16'24"/km  |
| 7.  | 103 | 00:12:40 | 00:59:02 | 116m | 109'12"/km |
| 8.  | 101 | 00:03:22 | 01:02:24 | 85m  | 39'36"/km  |
| 9.  | 104 | 00:03:33 | 01:05:57 | 116m | 30'36"/km  |
| 10. | 115 | 00:14:23 | 01:20:20 |      |            |
| 11. | 136 | 00:04:48 | 01:25:08 | 124m | 38'43"/km  |
| 12. | 143 | 00:14:28 | 01:39:36 | 147m | 98'25"/km  |
| 13. | 90  | 00:07:29 | 01:47:05 | 242m | 30'55"/km  |
| 14. | 999 | 00:00:30 | 01:47:35 | 89m  | 5'37"/km   |

HELGA

Orienteering Software