



## CIRCUITO CONA 2021 - 4ª ETAPA

Parnamirim - RN 21.11.2021

Clube de Orientação de Natal

**José Maria Lopes**

CONA

Percurso : H Sênior N

Distancia : 5000m (Desnivel 35m)

Tempo : 0:47:09 (9'26"/km)

1/2

O.K.

[Resultados completos em Webres](#)

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 103 | 00:05:02 |          | 455m | 11'04"/km |
| 2.  | 104 | 00:03:14 | 00:08:16 | 269m | 12'01"/km |
| 3.  | 113 | 00:03:17 | 00:11:33 | 375m | 8'45"/km  |
| 4.  | 108 | 00:04:57 | 00:16:30 | 413m | 11'59"/km |
| 5.  | 111 | 00:10:37 | 00:27:07 | 836m | 12'42"/km |
| 6.  | 96  | 00:02:27 | 00:29:34 | 347m | 7'04"/km  |
| 7.  | 95  | 00:02:41 | 00:32:15 | 450m | 5'58"/km  |
| 8.  | 91  | 00:04:33 | 00:36:48 | 494m | 9'13"/km  |
| 9.  | 82  | 00:03:21 | 00:40:09 | 395m | 8'29"/km  |
| 10. | 81  | 00:02:04 | 00:42:13 | 302m | 6'51"/km  |
| 11. | 100 | 00:03:01 | 00:45:14 | 379m | 7'58"/km  |
| 12. | 999 | 00:01:55 | 00:47:09 | 280m | 6'51"/km  |

HELGA

Orienteering Software