



III Acampatreino de Orientação - Percurso 3

9.1.2022

Associação Desportiva e Cultural Hip-Hop

Rubia Nascimento Seidel Lirio

Associação Desportiva e Cultural Hip-Hop

Percurso : D Adulto E

Distancia : 300m

Tempo : 0:23:38 (78'47"/km)

3/4

O.K.

[Resultados completos em Webres](#)

- | | |
|------------------------|---------|
| 1. Elaine Lenz | 0:16:28 |
| 2. Camila Seidel Lirio | 0:20:22 |

1.	32	00:00:35		12m	48'37"/km
2.	33	00:01:53	00:02:28	11m	171'13"/km
3.	53	00:00:42	00:03:10	11m	63'38"/km
4.	50	00:01:06	00:04:16	12m	91'40"/km
5.	31	00:00:52	00:05:08	9m	96'18"/km
6.	44	00:00:57	00:06:05	10m	95'00"/km
7.	57	00:00:30	00:06:35	6m	83'20"/km
8.	31	00:01:06	00:07:41	12m	91'40"/km
9.	58	00:00:52	00:08:33	13m	66'40"/km
10.	41	00:00:29	00:09:02	5m	96'40"/km
11.	31	00:00:56	00:09:58	13m	71'48"/km
12.	46	00:00:53	00:10:51	18m	49'04"/km
13.	56	00:00:45	00:11:36	5m	150'00"/km
14.	43	00:01:02	00:12:38	8m	129'10"/km
15.	61	00:01:56	00:14:34	10m	193'20"/km
16.	35	00:00:24	00:14:58	9m	44'27"/km
17.	71	00:01:01	00:15:59	15m	67'47"/km
18.	36	00:00:46	00:16:45	13m	58'58"/km
19.	62	00:00:29	00:17:14	10m	48'20"/km
20.	47	00:00:41	00:17:55	10m	68'20"/km
21.	55	00:00:45	00:18:40	16m	46'53"/km
22.	38	00:00:21	00:19:01	3m	116'40"/km
23.	39	00:00:23	00:19:24	3m	127'47"/km
24.	59	00:00:32	00:19:56	11m	48'29"/km
25.	52	00:00:54	00:20:50	11m	81'49"/km
26.	34	00:01:11	00:22:01	7m	169'03"/km
27.	65	00:00:26	00:22:27	8m	54'10"/km
28.	71	00:00:42	00:23:09	18m	38'53"/km
29.	70	00:00:11	00:23:20	16m	11'27"/km
30.	999	00:00:18	00:23:38	30m	10'00"/km