



Treino Sprint Ceasa

CEASA - Curitiba/PR 10.4.2022

Clube de Orientação de Curitiba

Flávia Mônica Da Silva

Clube de Orientação Gralha Azul

Percurso : D Adulto E

Distancia : 3400m (Desnivel 5m)

Tempo : 0:21:30 (6'19"/km)

1/5

O.K.

[Resultados completos em Webres](#)

- | | |
|------------------------------|---------|
| 2. Josiane Martinha Do Prado | 0:22:52 |
| 3. Edineia Roniak Dos Santos | 0:23:19 |

1.	100	00:00:51		108m	7'52"/km
2.	97	00:01:00	00:01:51	155m	6'27"/km
3.	102	00:00:15	00:02:06	36m	6'57"/km
4.	106	00:00:58	00:03:04	139m	6'57"/km
5.	111	00:01:03	00:04:07	160m	6'34"/km
6.	91	00:01:31	00:05:38	188m	8'04"/km
7.	117	00:01:37	00:07:15	275m	5'53"/km
8.	115	00:01:13	00:08:28	145m	8'23"/km
9.	116	00:00:53	00:09:21	111m	7'57"/km
10.	114	00:00:43	00:10:04	115m	6'14"/km
11.	110	00:01:55	00:11:59	293m	6'32"/km
12.	96	00:01:55	00:13:54	239m	8'01"/km
13.	103	00:01:27	00:15:21	181m	8'01"/km
14.	104	00:02:24	00:17:45	213m	11'16"/km
15.	109	00:01:14	00:18:59	173m	7'08"/km
16.	100	00:01:50	00:20:49	301m	6'05"/km
17.	113	00:00:29	00:21:18	97m	4'59"/km
18.	999	00:00:12	00:21:30	28m	7'09"/km

Orienteering Software