



Treino Sprint Ceasa

CEASA - Curitiba/PR 10.4.2022

Clube de Orientação de Curitiba

Karen Jiane Villwock

Clube de Orientação Gralha Azul

Percurso : D Adulto E

Distancia : 3400m (Desnivel 5m)

Tempo : 0:24:30 (7'12"/km)

4/5

O.K.

[Resultados completos em Webres](#)

- | | |
|------------------------------|---------|
| 1. Flávia Mônica Da Silva | 0:21:30 |
| 2. Josiane Martinha Do Prado | 0:22:52 |
| 3. Edineia Roniak Dos Santos | 0:23:19 |

1.	100	00:00:53		108m	8'11"/km
2.	97	00:01:03	00:01:56	155m	6'46"/km
3.	102	00:00:17	00:02:13	36m	7'52"/km
4.	106	00:01:03	00:03:16	139m	7'33"/km
5.	111	00:01:07	00:04:23	160m	6'59"/km
6.	91	00:01:37	00:06:00	188m	8'36"/km
7.	117	00:01:45	00:07:45	275m	6'22"/km
8.	115	00:01:24	00:09:09	145m	9'39"/km
9.	116	00:01:03	00:10:12	111m	9'28"/km
10.	114	00:00:50	00:11:02	115m	7'15"/km
11.	110	00:02:06	00:13:08	293m	7'10"/km
12.	96	00:02:26	00:15:34	239m	10'11"/km
13.	103	00:01:34	00:17:08	181m	8'39"/km
14.	104	00:02:44	00:19:52	213m	12'50"/km
15.	109	00:01:14	00:21:06	173m	7'08"/km
16.	100	00:02:40	00:23:46	301m	8'52"/km
17.	113	00:00:33	00:24:19	97m	5'40"/km
18.	999	00:00:11	00:24:30	28m	6'33"/km

Orienteering Software