



Treino Sprint Ceasa

CEASA - Curitiba/PR 10.4.2022

Clube de Orientação de Curitiba

Ronaldo Grontowski Ribeiro

Clube de Orientação de Curitiba

Percurso : H Veter A

Distancia : 2800m (Desnivel 5m)

Tempo : 0:24:20 (8'41"/km)

2/5

O.K.

[Resultados completos em Webres](#)

- | | |
|------------------------------|---------|
| 1. Clayton Silva da Fontoura | 0:23:48 |
| 3. Nilson Gongra | 0:29:15 |

1.	98	00:01:26		203m	7'04"/km
2.	108	00:00:43	00:02:09	98m	7'19"/km
3.	107	00:00:47	00:02:56	113m	6'56"/km
4.	97	00:02:30	00:05:26	220m	11'22"/km
5.	106	00:01:12	00:06:38	134m	8'57"/km
6.	111	00:01:33	00:08:11	160m	9'41"/km
7.	99	00:02:33	00:10:44	164m	15'33"/km
8.	112	00:02:23	00:13:07	245m	9'44"/km
9.	114	00:01:25	00:14:32	42m	33'44"/km
10.	116	00:01:53	00:16:25	115m	16'23"/km
11.	115	00:00:55	00:17:20	111m	8'15"/km
12.	110	00:02:28	00:19:48	241m	10'14"/km
13.	96	00:02:58	00:22:46	239m	12'25"/km
14.	113	00:01:21	00:24:07	145m	9'19"/km
15.	999	00:00:13	00:24:20	28m	7'44"/km

Orienteering Software