



# Treino CDMB 2022 - 2º Percurso (Longo)

## Guarapuava-PR 4.10.2022

### CDMB

**2º Sg Fabio Kuczkoski**

CDMB

Course : HE

Distance : 10200m

Time : 1:14:47 (7'20"/km)

**2/7**

O.K.

[Full result on Webres](#)

|                              |         |
|------------------------------|---------|
| 1. 2º Sgt Flademir           | 1:12:57 |
| 3. 3º Sgt Leandro Nascimento | 1:19:07 |

|     |     |                   |       |           |
|-----|-----|-------------------|-------|-----------|
| 1.  | 46  | 00:06:59          | 454m  | 15'23"/km |
| 2.  | 49  | 00:03:02 00:10:01 | 351m  | 8'39"/km  |
| 3.  | 47  | 00:02:35 00:12:36 | 204m  | 12'40"/km |
| 4.  | 48  | 00:04:03 00:16:39 | 380m  | 10'39"/km |
| 5.  | 31  | 00:05:00 00:21:39 | 283m  | 17'40"/km |
| 6.  | 32  | 00:11:17 00:32:56 | 1684m | 6'42"/km  |
| 7.  | 33  | 00:01:23 00:34:19 | 306m  | 4'31"/km  |
| 8.  | 34  | 00:02:01 00:36:20 | 235m  | 8'35"/km  |
| 9.  | 35  | 00:01:38 00:37:58 | 325m  | 5'02"/km  |
| 10. | 36  | 00:01:06 00:39:04 | 131m  | 8'24"/km  |
| 11. | 37  | 00:06:07 00:45:11 | 1146m | 5'20"/km  |
| 12. | 42  | 00:01:43 00:46:54 | 321m  | 5'21"/km  |
| 13. | 50  | 00:03:25 00:50:19 | 562m  | 6'05"/km  |
| 14. | 45  | 00:03:12 00:53:31 | 527m  | 6'04"/km  |
| 15. | 43  | 00:01:59 00:55:30 | 376m  | 5'16"/km  |
| 16. | 44  | 00:01:16 00:56:46 | 313m  | 4'03"/km  |
| 17. | 41  | 00:03:23 01:00:09 | 505m  | 6'42"/km  |
| 18. | 39  | 00:01:19 01:01:28 | 268m  | 4'55"/km  |
| 19. | 40  | 00:01:57 01:03:25 | 246m  | 7'56"/km  |
| 20. | 41  | 00:02:12 01:05:37 | 164m  | 13'25"/km |
| 21. | 38  | 00:01:31 01:07:08 | 249m  | 6'05"/km  |
| 22. | 42  | 00:01:47 01:08:55 | 247m  | 7'13"/km  |
| 23. | 50  | 00:03:10 01:12:05 | 562m  | 5'38"/km  |
| 24. | 51  | 00:02:18 01:14:23 | 270m  | 8'31"/km  |
| 25. | 999 | 00:00:24 01:14:47 | 67m   | 5'58"/km  |

Orienteering Software