



Treino CDMB 2022 - Percurso Sprint

Foz do iguaçu-PR 10.10.2022

CDMB

Cap Mário

CDMB

Course : HE

Distance : 3800m

Time : 0:34:19 (9'02"/km)

10/10

O.K.

[Full result on Webres](#)

- | | | |
|----|---------------------------|---------|
| 1. | 3º Sgt Leandro Nascimento | 0:22:24 |
| 2. | Cb João | 0:23:13 |
| 3. | 3º Sgt Pretto | 0:24:44 |

1.	35	00:02:58		363m	8'10"/km
2.	33	00:02:01	00:04:59	289m	6'59"/km
3.	43	00:02:26	00:07:25	290m	8'23"/km
4.	36	00:01:52	00:09:17	261m	7'09"/km
5.	32	00:00:37	00:09:54	105m	5'52"/km
6.	34	00:01:17	00:11:11	141m	9'06"/km
7.	47	00:02:00	00:13:11	38m	52'38"/km
8.	45	00:03:28	00:16:39	306m	11'20"/km
9.	44	00:01:55	00:18:34	232m	8'16"/km
10.	40	00:02:40	00:21:14	391m	6'49"/km
11.	46	00:02:47	00:24:01	229m	12'09"/km
12.	38	00:02:02	00:26:03	246m	8'16"/km
13.	49	00:02:20	00:28:23	347m	6'43"/km
14.	51	00:00:26	00:28:49	38m	11'24"/km
15.	31	00:00:31	00:29:20	20m	25'50"/km
16.	48	00:00:42	00:30:02	52m	13'28"/km
17.	50	00:00:43	00:30:45	64m	11'12"/km
18.	41	00:00:56	00:31:41	122m	7'39"/km
19.	39	00:00:44	00:32:25	90m	8'09"/km
20.	52	00:01:30	00:33:55	123m	12'12"/km
21.	999	00:00:24	00:34:19	69m	5'48"/km

Orienteering Software