



Treino e Iniciação COC 2023

Recanto Santa Maria - Alm Tam 5.3.2023

Clube de Orientação de Curitiba

Symone Hernandes

Clube de Orientação Gralha Azul

Course : D Adulto E

Distance : 4600m (Climbing 100m)

Time : 2:50:44 (37'07"/km)

4/6

O.K.

[Full result on Webres](#)

1. Edineia Roniak Dos Santos	1:02:13
2. Josiane Martinha Do Prado	1:31:09
3. Iara Julia Cordeiro De Souza	2:33:22

1.	105	00:01:06		133m	8'16"/km
2.	132	00:02:32	00:03:38	208m	12'11"/km
3.	134	00:02:12	00:05:50	228m	9'39"/km
4.	104	00:04:02	00:09:52	487m	8'17"/km
5.	106	00:02:05	00:11:57	285m	7'19"/km
6.	140	00:01:13	00:13:10	145m	8'23"/km
7.	126	00:01:41	00:14:51	131m	12'51"/km
8.	133	00:05:51	00:20:42	374m	15'39"/km
9.	92	00:12:01	00:32:43	135m	89'01"/km
10.	107	00:11:40	00:44:23	268m	43'32"/km
11.	93	00:16:31	01:00:54	96m	172'03"/km
12.	95	00:12:11	01:13:05	225m	54'09"/km
13.	96	00:05:39	01:18:44	73m	77'24"/km
14.	94	00:01:16	01:20:00	58m	21'50"/km
15.	97	00:05:18	01:25:18	146m	36'18"/km
16.	71	00:06:07	01:31:25		
17.	126	00:00:46	01:32:11	77m	9'57"/km
18.	124	00:04:19	01:36:30	104m	41'30"/km
19.	100	00:01:51	01:38:21	164m	11'17"/km
20.	101	00:10:19	01:48:40	133m	77'34"/km
21.	121	00:07:43	01:56:23	172m	44'52"/km
22.	102	00:05:03	02:01:26	91m	55'30"/km
23.	125	00:05:01	02:06:27	361m	13'54"/km
24.	126	00:03:39	02:10:06	213m	17'08"/km
25.	138	00:07:08	02:17:14	535m	13'20"/km
26.	90	00:02:57	02:20:11	187m	15'47"/km
27.	999	00:00:33	02:20:44	65m	8'28"/km

Orienteering Software