



1º Treino COABOM 2023

Centro Esportivo de Caldazinha 12.3.2023

Clube de Orientação Amigos dos Bombeiros

Sergio Luiz Goulart Duarte

Clube de Orientação do Colégio Militar de
Brasília

Percurso : H21A

Distancia : 6200m (Desnivel 125m)

Tempo : 3:20:01 (32'16"/km)

9/12

O.K.

[Resultados completos em Webres](#)

- | | |
|--------------------------------|---------|
| 1. Ivalci Júnio Martins França | 1:20:21 |
| 2. Hugo De Oliveira Bazílio | 2:26:09 |
| 3. Hamilton Pinheiro | 2:28:58 |

1.	47	00:05:16		209m	25'12"/km
2.	52	00:13:05	00:18:21	323m	40'30"/km
3.	59	00:06:23	00:24:44	251m	25'26"/km
4.	34	00:04:44	00:29:28	214m	22'07"/km
5.	37	00:03:12	00:32:40	151m	21'12"/km
6.	43	00:03:45	00:36:25	200m	18'45"/km
7.	51	00:12:04	00:48:29	292m	41'19"/km
8.	46	00:08:24	00:56:53	214m	39'15"/km
9.	56	00:02:29	00:59:22	189m	13'08"/km
10.	57	00:01:12	01:00:34	85m	14'07"/km
11.	48	00:16:33	01:17:07	302m	54'48"/km
12.	33	00:10:20	01:27:27	263m	39'17"/km
13.	45	00:06:32	01:33:59	194m	33'41"/km
14.	49	00:26:49	02:00:48	291m	92'09"/km
15.	51	00:07:30	02:08:18	201m	37'19"/km
16.	32	00:05:22	02:13:40	294m	18'15"/km
17.	57	00:03:48	02:17:28	239m	15'54"/km
18.	44	00:01:56	02:19:24	136m	14'13"/km
19.	50	00:12:06	02:31:30	330m	36'40"/km
20.	53	00:11:53	02:43:23	233m	51'00"/km
21.	31	00:03:57	02:47:20	118m	33'28"/km
22.	59	00:07:48	02:55:08	78m	100'00"/km
23.	47	00:06:40	03:01:48	262m	25'27"/km
24.	37	00:02:33	03:04:21	127m	20'05"/km
25.	36	00:03:51	03:08:12	215m	17'54"/km
26.	42	00:06:18	03:14:30	372m	16'56"/km
27.	40	00:02:22	03:16:52	148m	15'59"/km
28.	58	00:02:59	03:19:51	190m	15'42"/km
29.	999	00:00:10	03:20:01	73m	2'17"/km