



Percurso treino Parque da Cidade
Parque da Cidade 26.3.2023
Federação de Orientação do Distrito Federal

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TREINO

Course : Experiente

Distance : 5500m (Climbing 50m)

Time : 0:34:54 (6'21"/km)

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O.K.

[Full result on Webres](#)

- | | |
|-----------------------------------|---------|
| 1. Carlos Frederico Bahia Barreto | 0:32:00 |
| 2. Bernardo Bubniak | 0:33:25 |
| 3. Antonio Silva | 0:34:14 |

1.	40	00:00:39		381m	1'42"/km
2.	45	00:04:20	00:04:59	230m	18'50"/km
3.	53	00:02:00	00:06:59	121m	16'32"/km
4.	47	00:01:03	00:08:02	293m	3'35"/km
5.	46	00:00:34	00:08:36	210m	2'42"/km
6.	38	00:04:40	00:13:16	335m	13'56"/km
7.	49	00:01:10	00:14:26	501m	2'20"/km
8.	39	00:01:18	00:15:44	328m	3'58"/km
9.	36	00:05:05	00:20:49	205m	24'48"/km
10.	37	00:00:57	00:21:46	319m	2'59"/km
11.	35	00:01:27	00:23:13	280m	5'11"/km
12.	48	00:00:17	00:23:30	215m	1'19"/km
13.	52	00:04:33	00:28:03	117m	38'53"/km
14.	42	00:01:24	00:29:27	208m	6'44"/km
15.	41	00:01:07	00:30:34	447m	2'30"/km
16.	43	00:01:34	00:32:08	314m	4'59"/km
17.	32	00:01:18	00:33:26	314m	4'08"/km
18.	31	00:00:33	00:33:59	256m	2'09"/km
19.	999	00:00:55	00:34:54	325m	2'49"/km

Orienteering Software