



**Prova Prática CM 2023**  
**Rio de Janeiro - RJ 30.3.2023**  
**EsEFEx**

**Sgt F Abreu**

CMO

Course : MASC

Distance : 1900m

Time : 0:21:33 (11'21"/km)

**4/30**

O.K.

[Full result on Webres](#)

- |                       |         |
|-----------------------|---------|
| 1. Sgt Oliveira       | 0:15:42 |
| 2. Sgt Rafael Barbosa | 0:17:27 |
| 3. Sgt Comin          | 0:18:23 |

|     |     |          |          |      |          |
|-----|-----|----------|----------|------|----------|
| 1.  | 38  | 00:00:50 |          | 221m | 3'46"/km |
| 2.  | 39  | 00:00:30 | 00:01:20 | 302m | 1'39"/km |
| 3.  | 46  | 00:00:48 | 00:02:08 | 351m | 2'17"/km |
| 4.  | 45  | 00:00:39 | 00:02:47 | 370m | 1'45"/km |
| 5.  | 33  | 00:01:32 | 00:04:19 | 615m | 2'30"/km |
| 6.  | 41  | 00:00:46 | 00:05:05 | 425m | 1'48"/km |
| 7.  | 35  | 00:01:11 | 00:06:16 | 448m | 2'38"/km |
| 8.  | 36  | 00:02:57 | 00:09:13 | 430m | 6'52"/km |
| 9.  | 34  | 00:01:12 | 00:10:25 | 585m | 2'03"/km |
| 10. | 40  | 00:00:35 | 00:11:00 | 295m | 1'59"/km |
| 11. | 37  | 00:00:55 | 00:11:55 | 311m | 2'57"/km |
| 12. | 42  | 00:01:04 | 00:12:59 | 527m | 2'01"/km |
| 13. | 43  | 00:00:30 | 00:13:29 | 302m | 1'39"/km |
| 14. | 31  | 00:04:21 | 00:17:50 | 453m | 9'36"/km |
| 15. | 32  | 00:01:07 | 00:18:57 | 668m | 1'40"/km |
| 16. | 33  | 00:01:33 | 00:20:30 | 368m | 4'13"/km |
| 17. | 43  | 00:00:28 | 00:20:58 | 254m | 1'50"/km |
| 18. | 44  | 00:00:27 | 00:21:25 | 141m | 3'11"/km |
| 19. | 999 | 00:00:08 | 00:21:33 | 124m | 1'05"/km |

Orienteering Software