



Percurso treino Parque das Copaíbas
Parque das Copaíbas 2.7.2023
Federação de Orientação do Distrito Federal

Flávio dos Santos Raupp

Clube de Orientação Coqueiro

Course : Elite

Distance : 4500m (Climbing 150m)

Time : 1:49:37 (24'22"/km)

19/38

O.K.

[Full result on Webres](#)

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| 1. Vanderlei José Bortoli | 0:57:09 |
| 2. Jose Daniarly Rodrigues Januário | 1:06:16 |
| 3. Valter Araújo dos Santos | 1:07:17 |

1.	34	00:02:21		170m	13'49"/km
2.	45	00:01:43	00:04:04	102m	16'50"/km
3.	48	00:01:36	00:05:40	126m	12'42"/km
4.	33	00:07:28	00:13:08	332m	22'29"/km
5.	50	00:03:26	00:16:34	208m	16'30"/km
6.	36	00:08:56	00:25:30	376m	23'46"/km
7.	46	00:01:30	00:27:00	224m	6'42"/km
8.	37	00:17:14	00:44:14	229m	75'15"/km
9.	47	00:07:32	00:51:46	146m	51'36"/km
10.	42	00:06:10	00:57:56	287m	21'29"/km
11.	39	00:02:21	01:00:17	105m	22'23"/km
12.	38	00:04:25	01:04:42	179m	24'40"/km
13.	40	00:04:40	01:09:22	222m	21'01"/km
14.	43	00:02:35	01:11:57	182m	14'12"/km
15.	41	00:03:01	01:14:58	141m	21'24"/km
16.	44	00:07:51	01:22:49	528m	14'52"/km
17.	52	00:03:27	01:26:16	182m	18'57"/km
18.	35	00:19:28	01:45:44	387m	50'18"/km
19.	32	00:03:04	01:48:48	255m	12'02"/km
20.	31	00:00:41	01:49:29	92m	7'26"/km
21.	999	00:00:08	01:49:37	35m	3'49"/km

Orienteering Software