



treino coprin 2
SEST SENAT 5.8.2023
Clube de Orientação Princesa dos Campos

João Adelson Silva

Clube de Orientação Princesa dos Campos

Percurso : Adulto 1

Distancia : 2300m (Desnivel 40m)

Tempo : 0:17:38 (7'40"/km)

1/4

O.K.

[Resultados completos em Webres](#)

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| 2. Clederson Josué Ferreira | 0:18:09 |
| 3. Cristiano Veiga Sokolowski | 0:22:55 |

1.	80	00:00:45		108m	6'57"/km
2.	126	00:00:31	00:01:16	58m	8'54"/km
3.	92	00:00:45	00:02:01	68m	11'02"/km
4.	91	00:00:27	00:02:28	69m	6'31"/km
5.	132	00:00:41	00:03:09	103m	6'38"/km
6.	125	00:00:32	00:03:41	83m	6'26"/km
7.	126	00:00:38	00:04:19	82m	7'43"/km
8.	74	00:00:36	00:04:55	112m	5'21"/km
9.	71	00:00:52	00:05:47	147m	5'54"/km
10.	135	00:00:40	00:06:27	91m	7'20"/km
11.	73	00:00:32	00:06:59	44m	12'07"/km
12.	138	00:01:31	00:08:30	160m	9'29"/km
13.	76	00:00:33	00:09:03	56m	9'49"/km
14.	136	00:01:11	00:10:14	144m	8'13"/km
15.	72	00:00:34	00:10:48	73m	7'46"/km
16.	94	00:02:39	00:13:27	354m	7'29"/km
17.	90	00:01:19	00:14:46	194m	6'47"/km
18.	97	00:01:12	00:15:58	147m	8'10"/km
19.	130	00:00:37	00:16:35	50m	12'20"/km
20.	127	00:00:39	00:17:14	75m	8'40"/km
21.	124	00:00:19	00:17:33	58m	5'28"/km
22.	999	00:00:05	00:17:38	21m	3'58"/km

Orienteering Software