



III Treino e Curso de Orientação FODF CAALEX - DF 12.8.2023 Federação de Orientação do Distrito Federal

Bruno Coelho

TRAÇADO LIVRE

Course : Livre M

Distance : 5400m

Time : 1:16:23 (14'09"/km)

11/21

O.K.

[Full result on Webres](#)

- | | |
|-----------------------------------|---------|
| 1. Arten Lavrinovich | 0:15:15 |
| 2. Juliano Pasturiza | 0:16:41 |
| 3. Carlos Frederico Bahia Barreto | 0:23:32 |

1.	31	00:01:07		130m	8'35"/km
2.	32	00:00:18	00:01:25	165m	1'49"/km
3.	33	00:00:33	00:01:58	176m	3'08"/km
4.	34	00:01:04	00:03:02	113m	9'26"/km
5.	35	00:01:43	00:04:45	115m	14'56"/km
6.	36	00:03:41	00:08:26	59m	62'26"/km
7.	37	00:00:36	00:09:02	145m	4'08"/km
8.	38	00:00:41	00:09:43	74m	9'14"/km
9.	39	00:02:31	00:12:14	130m	19'22"/km
10.	40	00:03:57	00:16:11	113m	34'57"/km
11.	41	00:00:57	00:17:08	183m	5'11"/km
12.	42	00:01:30	00:18:38	168m	8'56"/km
13.	43	00:01:14	00:19:52	111m	11'07"/km
14.	44	00:00:28	00:20:20	89m	5'15"/km
15.	45	00:03:05	00:23:25	67m	46'01"/km
16.	46	00:03:37	00:27:02	82m	44'06"/km
17.	47	00:03:48	00:30:50	66m	57'35"/km
18.	48	00:02:39	00:33:29	113m	23'27"/km
19.	49	00:01:49	00:35:18	120m	15'08"/km
20.	50	00:00:37	00:35:55	169m	3'39"/km
21.	51	00:00:48	00:36:43	62m	12'54"/km
22.	52	00:00:22	00:37:05	188m	1'57"/km
23.	53	00:01:06	00:38:11	208m	5'17"/km
24.	54	00:00:19	00:38:30	111m	2'51"/km
25.	55	00:00:29	00:38:59	182m	2'39"/km
26.	56	00:00:56	00:39:55	109m	8'34"/km
27.	57	00:00:37	00:40:32	120m	5'08"/km
28.	58	00:01:35	00:42:07	115m	13'46"/km
29.	59	00:02:36	00:44:43	226m	11'30"/km
30.	60	00:00:46	00:45:29	179m	4'17"/km
31.	62	00:04:19	00:49:48	211m	20'27"/km
32.	63	00:02:47	00:52:35	44m	63'15"/km
33.	64	00:00:42	00:53:17	41m	17'04"/km
34.	65	00:03:23	00:56:40	91m	37'11"/km
35.	67	00:03:03	00:59:43	101m	30'12"/km
36.	69	00:01:01	01:00:44	118m	8'37"/km



37.	70	00:00:27	01:01:11	39m	11'32"/km
38.	71	00:00:32	01:01:43	116m	4'36"/km
39.	72	00:00:30	01:02:13	38m	13'09"/km
40.	73	00:00:27	01:02:40	55m	8'11"/km
41.	74	00:01:20	01:04:00	43m	31'00"/km
42.	75	00:00:48	01:04:48	53m	15'06"/km
43.	76	00:00:44	01:05:32	40m	18'20"/km
44.	77	00:01:03	01:06:35	62m	16'56"/km
45.	78	00:02:15	01:08:50	43m	52'20"/km
46.	79	00:05:10	01:14:00	208m	24'50"/km
47.	999	00:02:23	01:16:23	202m	11'48"/km

HELGA



Orienteering Software