



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

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TRAÇADO LIVRE

Percurso : Livre M

Distancia : 5400m

Tempo : 1:53:39 (21'03"/km)

14/21

O.K.

[Resultados completos em Webres](#)

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

1.	31	00:02:25		130m	18'35"/km
2.	32	00:00:54	00:03:19	165m	5'27"/km
3.	33	00:01:06	00:04:25	176m	6'15"/km
4.	34	00:01:09	00:05:34	113m	10'11"/km
5.	35	00:02:28	00:08:02	115m	21'27"/km
6.	36	00:04:48	00:12:50	59m	81'21"/km
7.	37	00:00:45	00:13:35	145m	5'10"/km
8.	38	00:02:33	00:16:08	74m	34'28"/km
9.	39	00:02:51	00:18:59	130m	21'55"/km
10.	40	00:07:09	00:26:08	113m	63'16"/km
11.	41	00:02:03	00:28:11	183m	11'12"/km
12.	42	00:01:33	00:29:44	168m	9'14"/km
13.	43	00:01:01	00:30:45	111m	9'10"/km
14.	44	00:01:37	00:32:22	89m	18'10"/km
15.	45	00:05:26	00:37:48	67m	81'06"/km
16.	46	00:05:00	00:42:48	82m	60'59"/km
17.	47	00:05:22	00:48:10	66m	81'19"/km
18.	48	00:03:43	00:51:53	113m	32'53"/km
19.	49	00:02:39	00:54:32	120m	22'05"/km
20.	50	00:00:57	00:55:29	169m	5'37"/km
21.	51	00:01:04	00:56:33	62m	17'12"/km
22.	52	00:00:49	00:57:22	188m	4'21"/km
23.	53	00:01:07	00:58:29	208m	5'22"/km
24.	54	00:00:26	00:58:55	111m	3'54"/km
25.	55	00:01:04	00:59:59	182m	5'52"/km
26.	56	00:00:41	01:00:40	109m	6'16"/km
27.	57	00:00:29	01:01:09	120m	4'02"/km
28.	58	00:02:29	01:03:38	115m	21'36"/km
29.	59	00:03:35	01:07:13	226m	15'51"/km
30.	60	00:01:14	01:08:27	179m	6'53"/km
31.	62	00:06:53	01:15:20	211m	32'37"/km
32.	63	00:05:01	01:20:21	44m	114'01"/km
33.	64	00:04:49	01:25:10	41m	117'29"/km
34.	65	00:04:27	01:29:37	91m	48'54"/km
35.	67	00:03:18	01:32:55	101m	32'40"/km
36.	69	00:01:32	01:34:27	118m	13'00"/km



37.	70	00:00:24	01:34:51	39m	10'15"/km
38.	71	00:00:25	01:35:16	116m	3'36"/km
39.	72	00:00:26	01:35:42	38m	11'24"/km
40.	73	00:00:25	01:36:07	55m	7'35"/km
41.	74	00:01:48	01:37:55	43m	41'52"/km
42.	75	00:00:37	01:38:32	53m	11'38"/km
43.	76	00:00:50	01:39:22	40m	20'50"/km
44.	77	00:01:09	01:40:31	62m	18'33"/km
45.	78	00:02:30	01:43:01	43m	58'08"/km
46.	79	00:08:32	01:51:33	208m	41'02"/km
47.	999	00:02:06	01:53:39	202m	10'24"/km

HELGA



Orienteering Software