



LV NAVAMAER 2023 - Percurso Longo

Resende - RJ 30.8.2023

AMAN

Macedo

MB

Course : MASC

Distance : 7600m (Climbing 290m)

Time : 1:23:16 (10'57"/km)

17/30

O.K.

[Full result on Webres](#)

1. Jaeger	1:06:53
2. Brizola	1:07:21
3. Mattos	1:07:33

1.	49	00:14:32		1317m	11'02"/km
2.	48	00:02:05	00:16:37	160m	13'01"/km
3.	47	00:01:41	00:18:18	231m	7'17"/km
4.	46	00:05:58	00:24:16	328m	18'11"/km
5.	45	00:01:18	00:25:34	140m	9'17"/km
6.	43	00:01:39	00:27:13	223m	7'24"/km
7.	42	00:06:56	00:34:09	246m	28'11"/km
8.	48	00:02:13	00:36:22	165m	13'26"/km
9.	45	00:05:03	00:41:25	516m	9'47"/km
10.	44	00:00:52	00:42:17	102m	8'30"/km
11.	39	00:07:15	00:49:32	757m	9'35"/km
12.	63	00:12:14	01:01:46	984m	12'26"/km
13.	64	00:01:58	01:03:44	127m	15'29"/km
14.	65	00:01:49	01:05:33	167m	10'53"/km
15.	53	00:05:42	01:11:15	582m	9'48"/km
16.	54	00:01:37	01:12:52	143m	11'18"/km
17.	55	00:02:56	01:15:48	279m	10'31"/km
18.	56	00:01:08	01:16:56	117m	9'41"/km
19.	70	00:02:46	01:19:42	379m	7'18"/km
20.	61	00:01:49	01:21:31	238m	7'38"/km
21.	90	00:01:36	01:23:07	195m	8'12"/km
22.	999	00:00:09	01:23:16	111m	1'21"/km

Orienteering Software