



JOGOS DESPORTIVOS DA 5ª DE - PERCURSO LONGO

FAZ RIO SALTO - PALMEIRA - PR 14.9.2023

Indiv.

3º Sgt Erbes

15ª Bda Inf Mec

Course : HE

Distance : 9300m (Climbing 200m)

Time : 1:36:31 (10'23"/km)

7/20

O.K.

[Full result on Webres](#)

- | | |
|---------------------|---------|
| 1. 2º Sgt Claudinei | 1:09:52 |
| 2. 2º Sgt Karsten | 1:15:25 |
| 3. Sd Emanuel | 1:20:02 |

1.	56	00:01:27		206m	7'02"/km
2.	55	00:01:41	00:03:08	196m	8'35"/km
3.	58	00:01:55	00:05:03	297m	6'27"/km
4.	57	00:02:02	00:07:05	252m	8'04"/km
5.	72	00:03:46	00:10:51	266m	14'10"/km
6.	73	00:01:08	00:11:59	127m	8'55"/km
7.	58	00:04:26	00:16:25	454m	9'46"/km
8.	59	00:14:55	00:31:20	1000m	14'55"/km
9.	60	00:02:27	00:33:47	130m	18'51"/km
10.	74	00:04:08	00:37:55	157m	26'20"/km
11.	75	00:03:16	00:41:11	345m	9'28"/km
12.	76	00:00:50	00:42:01	157m	5'18"/km
13.	61	00:03:53	00:45:54	523m	7'26"/km
14.	71	00:01:46	00:47:40	137m	12'54"/km
15.	42	00:02:48	00:50:28	285m	9'49"/km
16.	64	00:02:52	00:53:20	114m	25'09"/km
17.	61	00:02:37	00:55:57	275m	9'31"/km
18.	62	00:01:40	00:57:37	189m	8'49"/km
19.	63	00:03:33	01:01:10	285m	12'27"/km
20.	64	00:01:59	01:03:09	160m	12'24"/km
21.	65	00:03:16	01:06:25	213m	15'20"/km
22.	46	00:09:04	01:15:29	973m	9'19"/km
23.	55	00:00:53	01:16:22	138m	6'24"/km
24.	37	00:04:59	01:21:21	678m	7'21"/km
25.	43	00:02:32	01:23:53	222m	11'25"/km
26.	50	00:02:09	01:26:02	167m	12'52"/km
27.	69	00:05:31	01:31:33	631m	8'45"/km
28.	70	00:02:39	01:34:12	421m	6'18"/km
29.	31	00:02:14	01:36:26	254m	8'48"/km
30.	999	00:00:05	01:36:31	84m	1'00"/km