



Treino 33 - 2023
Jardim Chapadão 18.9.2023
Clube de Orientação da EsPCEEx

Everton Grégio Tavares

Clube de Orientação da EsPCEEx

Course : H21B

Distance : 8800m (Climbing 150m)

Time : 1:16:01 (8'38"/km)

8/15

O.K.

[Full result on Webres](#)

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|------------------------------------|---------|
| 1. Leonardo Naysinger Arruda | 1:04:34 |
| 2. Rhuan Marcelo Mota Garcia | 1:06:19 |
| 3. João Pedro Carvalho De Oliveira | 1:08:24 |

1.	43	00:03:03		441m	6'55"/km
2.	45	00:03:21	00:06:24	589m	5'41"/km
3.	42	00:01:46	00:08:10	147m	12'01"/km
4.	41	00:01:31	00:09:41	266m	5'42"/km
5.	44	00:02:09	00:11:50	201m	10'42"/km
6.	46	00:01:43	00:13:33	226m	7'36"/km
7.	47	00:00:59	00:14:32	162m	6'04"/km
8.	51	00:06:47	00:21:19	663m	10'14"/km
9.	59	00:01:32	00:22:51	171m	8'58"/km
10.	50	00:02:37	00:25:28	330m	7'56"/km
11.	49	00:01:49	00:27:17	206m	8'49"/km
12.	54	00:02:44	00:30:01	372m	7'21"/km
13.	53	00:02:39	00:32:40	403m	6'35"/km
14.	48	00:02:37	00:35:17	182m	14'23"/km
15.	57	00:01:42	00:36:59	212m	8'01"/km
16.	47	00:01:56	00:38:55	273m	7'05"/km
17.	44	00:01:47	00:40:42	257m	6'56"/km
18.	35	00:05:18	00:46:00	687m	7'43"/km
19.	36	00:05:38	00:51:38	487m	11'34"/km
20.	38	00:05:25	00:57:03	317m	17'05"/km
21.	37	00:02:50	00:59:53	374m	7'35"/km
22.	33	00:05:11	01:05:04	288m	18'00"/km
23.	31	00:01:04	01:06:08	155m	6'53"/km
24.	32	00:01:34	01:07:42	110m	14'15"/km
25.	39	00:03:35	01:11:17	496m	7'13"/km
26.	60	00:02:23	01:13:40	430m	5'33"/km
27.	58	13:08:01	14:21:41	150m	5253'27"/km
28.	999	01:05:40	15:27:21	123m	533'53"/km

Orienteering Software