



Treino 36 - 2023 - EsPCEx
Fazenda São Lourenço 4.10.2023
Clube de Orientação da EsPCEx

José Ângelo Pazianoto De Vilhena

Clube de Orientação da EsPCEx

Course : H21B

Distance : 4500m (Climbing 255m)

Time : 1:10:28 (15'40"/km)

6/8

O.K.

[Full result on Webres](#)

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| 1. Leonardo Naysinger Arruda | 0:53:49 |
| 2. Rhuan Marcelo Mota Garcia | 0:56:33 |
| 3. João Pedro Carvalho De Oliveira | 0:56:56 |

1.	31	00:01:31		109m	13'55"/km
2.	32	00:00:55	00:02:26	78m	11'45"/km
3.	33	00:01:46	00:04:12	175m	10'06"/km
4.	34	00:06:21	00:10:33	88m	72'10"/km
5.	35	00:02:59	00:13:32	102m	29'15"/km
6.	36	00:01:42	00:15:14	206m	8'15"/km
7.	39	00:01:46	00:17:00	174m	10'09"/km
8.	38	00:02:01	00:19:01	137m	14'43"/km
9.	37	00:01:47	00:20:48	153m	11'39"/km
10.	39	00:01:40	00:22:28	184m	9'03"/km
11.	40	00:01:07	00:23:35	82m	13'37"/km
12.	41	00:04:02	00:27:37	351m	11'29"/km
13.	42	00:01:33	00:29:10	199m	7'47"/km
14.	43	00:03:41	00:32:51	159m	23'10"/km
15.	44	00:00:58	00:33:49	76m	12'43"/km
16.	45	00:01:28	00:35:17	94m	15'36"/km
17.	48	00:03:38	00:38:55	326m	11'09"/km
18.	46	00:02:59	00:41:54	272m	10'58"/km
19.	47	00:04:24	00:46:18	411m	10'42"/km
20.	48	00:01:56	00:48:14	220m	8'47"/km
21.	49	00:15:33	01:03:47	438m	35'30"/km
22.	50	00:02:48	01:06:35	130m	21'32"/km
23.	51	00:03:03	01:09:38	173m	17'38"/km
24.	999	00:00:50	01:10:28	87m	9'35"/km

Orienteering Software