



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

Francesca De Rossi Garcia

Clube de Orientação da EsPCEEx

Course : H21B

Distance : 4500m (Climbing 255m)

Time : 1:22:40 (18'22"/km)

7/8

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	00:03:10		109m	29'03"/km
2.	32	00:02:12	00:05:22	78m	28'12"/km
3.	33	00:03:25	00:08:47	175m	19'31"/km
4.	34	00:01:45	00:10:32	88m	19'53"/km
5.	35	00:01:58	00:12:30	102m	19'17"/km
6.	36	00:01:43	00:14:13	206m	8'20"/km
7.	39	00:02:29	00:16:42	174m	14'16"/km
8.	38	00:02:14	00:18:56	137m	16'18"/km
9.	37	00:02:25	00:21:21	153m	15'48"/km
10.	39	00:04:26	00:25:47	184m	24'06"/km
11.	40	00:01:22	00:27:09	82m	16'40"/km
12.	41	00:06:55	00:34:04	351m	19'42"/km
13.	42	00:03:14	00:37:18	199m	16'15"/km
14.	43	00:03:31	00:40:49	159m	22'07"/km
15.	44	00:01:01	00:41:50	76m	13'23"/km
16.	45	00:01:23	00:43:13	94m	14'43"/km
17.	48	00:03:49	00:47:02	326m	11'42"/km
18.	46	00:03:03	00:50:05	272m	11'13"/km
19.	47	00:04:38	00:54:43	411m	11'16"/km
20.	48	00:02:08	00:56:51	220m	9'42"/km
21.	49	00:14:53	01:11:44	438m	33'59"/km
22.	50	00:06:22	01:18:06	130m	48'58"/km
23.	51	00:03:31	01:21:37	173m	20'20"/km
24.	999	00:01:00	01:22:37	87m	11'30"/km

Orienteering Software