



Treino COC Mapa 3

Neoville - CIC - Curitiba 3.2.2024

Clube de Orientação de Curitiba

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Clube de Orientação de Curitiba

Percurso : H MASTER

Distancia : 1500m (Desnivel 20m)

Tempo : 0:14:07 (9'25"/km)

4/6

O.K.

[Resultados completos em Webres](#)

- | | |
|-------------------------|---------|
| 1. Luciano De Oliveira | 0:10:39 |
| 2. Alexandre Cesar Nass | 0:10:49 |
| 3. Cleverson Martins | 0:12:47 |

1.	71	00:00:26		59m	7'21"/km
2.	74	00:00:29	00:00:55	44m	10'59"/km
3.	95	00:02:21	00:03:16	246m	9'33"/km
4.	94	00:00:44	00:04:00	70m	10'29"/km
5.	104	00:00:53	00:04:53	77m	11'28"/km
6.	109	00:01:22	00:06:15	131m	10'26"/km
7.	117	00:00:53	00:07:08	102m	8'40"/km
8.	114	00:00:52	00:08:00	116m	7'28"/km
9.	108	00:00:22	00:08:22	35m	10'29"/km
10.	112	00:00:22	00:08:44	33m	11'07"/km
11.	107	00:01:06	00:09:50	90m	12'13"/km
12.	90	00:04:06	00:13:56	495m	8'17"/km
13.	999	00:00:11	00:14:07	24m	7'38"/km

HELGA

Orienteering Software