



II Etapa do Campeonato Metropolitano de Orientação do Rio de Janeiro

EsEFEx 23.6.2024

Federação de Orientação do Estado do Rio de Janeiro

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Circuit : H21E

Distance : 4000m (Dénivelé 90m)

Temps : 0:52:28 (13'07"/km)

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O.K.

[Résultats complets sur Webres](#)

1. Renato RENATO CAVALCANTE 0:40:55
2. Marco Antônio Galdez De Castro Silva 0:44:08
3. Cristian Luan 0:45:28

1.	35	00:03:29		152m	22'55"/km
2.	37	00:00:39	00:04:08	59m	11'01"/km
3.	31	00:00:29	00:04:37	78m	6'12"/km
4.	33	00:00:54	00:05:31	66m	13'38"/km
5.	47	00:02:28	00:07:59	80m	30'50"/km
6.	46	00:02:54	00:10:53	181m	16'01"/km
7.	40	00:03:48	00:14:41	99m	38'23"/km
8.	51	00:02:58	00:17:39	157m	18'54"/km
9.	57	00:05:42	00:23:21	444m	12'50"/km
10.	72	00:01:43	00:25:04	96m	17'53"/km
11.	59	00:02:16	00:27:20	82m	27'39"/km
12.	61	00:06:41	00:34:01	386m	17'19"/km
13.	60	00:00:51	00:34:52	68m	12'30"/km
14.	76	00:01:27	00:36:19	177m	8'12"/km
15.	42	00:01:28	00:37:47	173m	8'29"/km
16.	44	00:00:49	00:38:36	76m	10'45"/km
17.	63	00:01:33	00:40:09	195m	7'57"/km
18.	64	00:02:42	00:42:51	140m	19'17"/km
19.	65	00:01:04	00:43:55	116m	9'12"/km
20.	79	00:00:49	00:44:44	118m	6'55"/km
21.	67	00:02:40	00:47:24	284m	9'23"/km
22.	78	00:02:48	00:50:12	237m	11'49"/km
23.	44	00:00:56	00:51:08	168m	5'33"/km
24.	69	00:01:10	00:52:18	237m	4'55"/km
25.	999	00:00:10	00:52:28	40m	4'10"/km

Orienteering Software