



**SE ORIENTA DF 2024 INÍCIO:09:00 H**  
**SÍTIO DA ALMIRA 20.7.2024**  
**SE ORIENTA DF**

**João Antonio Fonseca Gonçalves Dias**

CLUBE DE ORIENTAÇÃO ROCHA

Percurso : EXPERIENTE

Distancia : 4200m (Desnivel 95m)

Tempo : 1:35:53 (22'50"/km)

**7/21**

O.K.

[Resultados completos em Webres](#)

- |                             |         |
|-----------------------------|---------|
| 1. Mariano Frazão de Moura  | 1:03:39 |
| 2. Juliane Assunção Pinto   | 1:05:47 |
| 3. Vitor Juliane M Assunção | 1:05:49 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 39  | 00:13:43 |          | 249m | 55'05"/km |
| 2.  | 50  | 00:04:01 | 00:17:44 | 225m | 17'51"/km |
| 3.  | 42  | 00:04:48 | 00:22:32 | 260m | 18'28"/km |
| 4.  | 41  | 00:06:52 | 00:29:24 | 236m | 29'06"/km |
| 5.  | 44  | 00:08:09 | 00:37:33 | 332m | 24'33"/km |
| 6.  | 43  | 00:04:41 | 00:42:14 | 204m | 22'57"/km |
| 7.  | 40  | 00:07:11 | 00:49:25 | 602m | 11'56"/km |
| 8.  | 49  | 00:02:18 | 00:51:43 | 190m | 12'06"/km |
| 9.  | 33  | 00:06:29 | 00:58:12 | 319m | 20'19"/km |
| 10. | 32  | 00:15:51 | 01:14:03 | 326m | 48'37"/km |
| 11. | 31  | 00:06:06 | 01:20:09 | 120m | 50'50"/km |
| 12. | 39  | 00:08:46 | 01:28:55 | 186m | 47'08"/km |
| 13. | 40  | 00:04:56 | 01:33:51 | 233m | 21'10"/km |
| 14. | 45  | 00:01:28 | 01:35:19 | 100m | 14'40"/km |
| 15. | 999 | 00:00:34 | 01:35:53 | 276m | 2'03"/km  |

HELGA Orienteering Software