



Treino ESA 28Jul
Fortaleza de São João 23.7.2024
clube de orientação calção preto

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COESA

Percurso : H21E

Distancia : 4000m (Desnivel 90m)

Tempo : 0:52:41 (13'10"/km)

7/12

O.K.

[Resultados completos em Webres](#)

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|-----------------------------|---------|
| 1. Pablo Furtado De Andrade | 0:43:41 |
| 2. Allan Borges Lima | 0:48:33 |
| 3. Victor Barboza Da Silva | 0:49:11 |

1.	35	00:00:00		152m	0'00"/km
2.	37	00:00:44	00:00:44	59m	12'26"/km
3.	31	00:00:57	00:01:41	78m	12'11"/km
4.	33	00:01:13	00:02:54	66m	18'26"/km
5.	47	00:01:50	00:04:44	80m	22'55"/km
6.	46	00:04:18	00:09:02	181m	23'45"/km
7.	40	00:03:36	00:12:38	99m	36'22"/km
8.	51	00:02:28	00:15:06	157m	15'43"/km
9.	57	00:06:54	00:22:00	444m	15'32"/km
10.	72	00:01:34	00:23:34	96m	16'19"/km
11.	59	00:02:06	00:25:40	82m	25'37"/km
12.	61	01:06:17	01:31:57	386m	171'43"/km
13.	60	00:00:00	01:31:57	68m	0'00"/km
14.	76	01:01:35	02:33:32	177m	347'56"/km
15.	42	00:00:00	02:33:32	173m	0'00"/km
16.	44	00:00:08	02:33:40	76m	1'45"/km
17.	78	01:11:35	03:45:15	195m	367'06"/km
18.	44	00:00:00	03:45:15	1063m	0'00"/km
19.	69	00:01:40	03:46:55	237m	7'02"/km
20.	999	00:59:53	04:46:48	40m1497'05"/km	

Orienteering Software