



III Etapa - XVIII CPO 2024 - João Pessoa

Circuito Mangabeira 4.8.2024

Rota Alternativa

Lucimary Albuquerque da Silva

Clube de Orientação do Extremo Leste

Circuit : D Sênior B

Distance : 1430m (Dénivelé 25m)

Temps : 1:13:04 (51'06"/km)

1/6

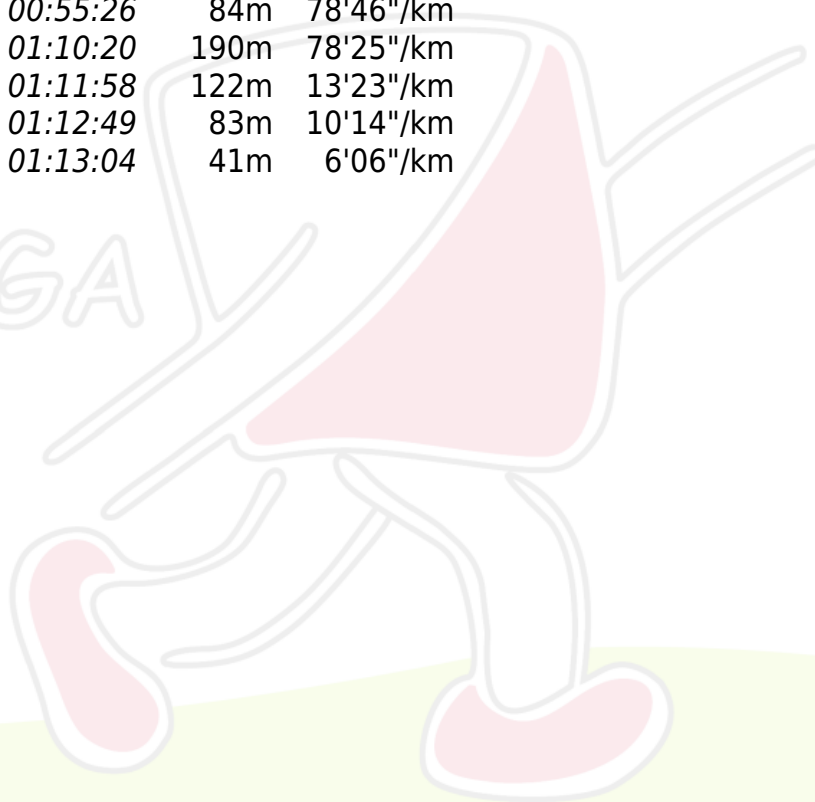
O.K.

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|-----------------------------------|---------|
| 2. Soraya Lucio Ribeiro de Lima | 1:13:25 |
| 3. Sheylla de Kassia Silva Galvão | 1:14:47 |

1.	124	00:02:51		92m	30'59"/km
2.	125	00:03:12	00:06:03	106m	30'11"/km
3.	102	00:06:45	00:12:48	46m	146'44"/km
4.	110	00:05:36	00:18:24	52m	107'42"/km
5.	134	00:15:31	00:33:55	151m	102'46"/km
6.	135	00:11:13	00:45:08	326m	34'24"/km
7.	140	00:03:41	00:48:49	85m	43'20"/km
8.	138	00:06:37	00:55:26	84m	78'46"/km
9.	116	00:14:54	01:10:20	190m	78'25"/km
10.	137	00:01:38	01:11:58	122m	13'23"/km
11.	127	00:00:51	01:12:49	83m	10'14"/km
12.	999	00:00:15	01:13:04	41m	6'06"/km

HELGA



Orienteering Software