



XI TCO - LONGO - XI TCO - Percurso Longo

Recanto Rancho Verde 21.9.2024

Clube de Orientação Amigos dos Bombeiros

Patrícia Marcia de Azevedo Silva

Clube de orientação audazes do Rio de Janeiro

Omloop : D45B

Afstand : 3300m (Hoogteverschil 80m)

Tijd : 1:02:52 (19'03"/km)

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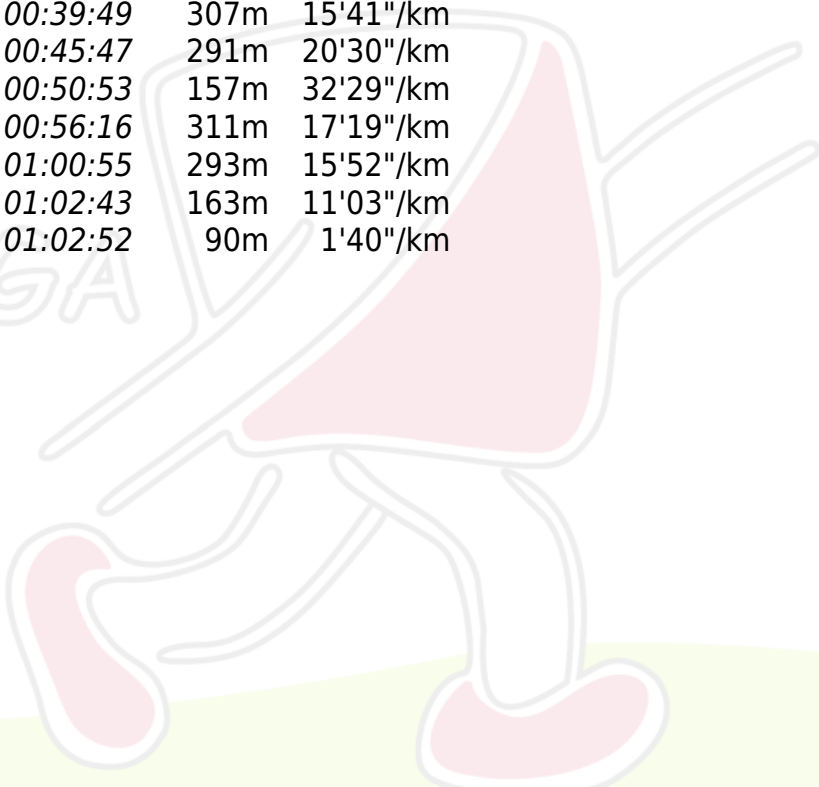
O.K.

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- | | |
|------------------------------|---------|
| 1. Eliane Vaz Pinto | 0:53:55 |
| 3. Ludmilla Borges E Azevedo | 1:13:58 |

1.	44	00:07:54		428m	18'27"/km
2.	35	00:04:19	00:12:13	278m	15'32"/km
3.	55	00:09:21	00:21:34	280m	33'24"/km
4.	34	00:06:27	00:28:01	225m	28'40"/km
5.	50	00:02:56	00:30:57	219m	13'24"/km
6.	33	00:04:03	00:35:00	229m	17'41"/km
7.	53	00:04:49	00:39:49	307m	15'41"/km
8.	36	00:05:58	00:45:47	291m	20'30"/km
9.	48	00:05:06	00:50:53	157m	32'29"/km
10.	39	00:05:23	00:56:16	311m	17'19"/km
11.	46	00:04:39	01:00:55	293m	15'52"/km
12.	73	00:01:48	01:02:43	163m	11'03"/km
13.	999	00:00:09	01:02:52	90m	1'40"/km

HELGA



Orienteering Software