



XI TCO - LONGO - XI TCO - Percurso Longo
Recanto Rancho Verde 21.9.2024
Clube de Orientação Amigos dos Bombeiros

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Clube de Orientação de Miguel Pereira e

Arredores Sobre a Serra

Circuit : H55A

Distance : 5300m (Dénivelé 120m)

Temps : 1:17:14 (14'34"/km)

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O.K.

[Résultats complets sur Webres](#)

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|-------------------------|---------|
| 1. Marcos Reinoldo Hess | 1:13:31 |
| 3. Márcio Ronaldo Rocha | 1:27:34 |

1.	44	00:04:23		428m	10'14"/km
2.	63	00:03:51	00:08:14	565m	6'49"/km
3.	72	00:03:55	00:12:09		
4.	64	00:09:17	00:21:26	174m	53'21"/km
5.	65	00:04:50	00:26:16	284m	17'01"/km
6.	69	00:02:56	00:29:12	190m	15'26"/km
7.	34	00:06:32	00:35:44	422m	15'29"/km
8.	53	00:05:00	00:40:44	543m	9'12"/km
9.	32	00:04:41	00:45:25	91m	51'28"/km
10.	56	00:09:12	00:54:37	274m	33'35"/km
11.	36	00:04:13	00:58:50	348m	12'07"/km
12.	33	00:04:55	01:03:45	553m	8'53"/km
13.	50	00:03:09	01:06:54	229m	13'45"/km
14.	38	00:04:08	01:11:02	384m	10'46"/km
15.	46	00:05:01	01:16:03	534m	9'24"/km
16.	73	00:01:05	01:17:08	163m	6'39"/km
17.	999	00:00:06	01:17:14	90m	1'07"/km

Orienteering Software