



CIPO - Guarapuava - 5ª Etapa - DOMINGO
Faz Fam Mattos Leão 1.12.2024
Clube de Orientação Lobo Bravo

Heron Vaz

Clube de Orientação Gralha Azul

Percurso : H Adulto E

Distancia : 10500m (Desnivel 325m)

Tempo : 2:06:49 (12'05"/km)

4/5

O.K.

[Resultados completos em Webres](#)

1. Leandro Junior Do Nascimento	1:36:50
2. Ailton Jonas Fenske	1:39:42
3. Ricardo Anhaia Ribeiro	2:05:26

1.	327	00:09:12		727m	12'39"/km
2.	36	00:06:42	00:15:54	585m	11'27"/km
3.	34	00:01:41	00:17:35	183m	9'12"/km
4.	33	00:03:16	00:20:51	308m	10'36"/km
5.	35	00:03:50	00:24:41	352m	10'53"/km
6.	37	00:03:58	00:28:39	291m	13'38"/km
7.	41	00:09:56	00:38:35	551m	18'02"/km
8.	83	00:05:27	00:44:02	612m	8'54"/km
9.	45	00:03:02	00:47:04	185m	16'24"/km
10.	48	00:06:15	00:53:19	284m	22'00"/km
11.	73	00:04:06	00:57:25	425m	9'39"/km
12.	75	00:01:30	00:58:55	179m	8'23"/km
13.	74	00:01:03	00:59:58	79m	13'17"/km
14.	72	00:01:24	01:01:22	181m	7'44"/km
15.	46	00:03:55	01:05:17	351m	11'10"/km
16.	44	00:01:43	01:07:00	145m	11'50"/km
17.	82	00:11:14	01:18:14	1167m	9'38"/km
18.	77	00:03:24	01:21:38	262m	12'59"/km
19.	76	00:01:11	01:22:49	139m	8'31"/km
20.	81	00:03:55	01:26:44	226m	17'20"/km
21.	78	00:02:37	01:29:21	184m	14'13"/km
22.	79	00:03:50	01:33:11	191m	20'04"/km
23.	319	00:11:09	01:44:20	1148m	9'43"/km
24.	323	00:08:09	01:52:29	474m	17'12"/km
25.	326	00:03:04	01:55:33	258m	11'53"/km
26.	325	00:01:38	01:57:11	135m	12'06"/km
27.	324	00:01:56	01:59:07	122m	15'51"/km
28.	322	00:04:48	02:03:55	349m	13'45"/km
29.	333	00:02:30	02:06:25	271m	9'14"/km
30.	999	00:00:24	02:06:49	259m	1'33"/km