

Prova prática CM 2025
UNIFA 9.4.2025
clube de orientação calção preto

Lacorte

COCP

Circuit : 01

Distance : 3000m (Dénivelé 20m)

Temps : 0:17:54 (5'58"/km)

4/30

O.K.

[Résultats complets sur Webres](#)

- | | |
|----------------|---------|
| 1. Correa | 0:14:10 |
| 2. De Medeiros | 0:16:20 |
| 3. Rãgner | 0:16:28 |

1.	31	00:01:10		113m	10'19"/km
2.	33	00:00:53	00:02:03	129m	6'51"/km
3.	44	00:01:39	00:03:42	226m	7'18"/km
4.	51	00:00:50	00:04:32	40m	20'50"/km
5.	45	00:01:42	00:06:14	142m	11'58"/km
6.	43	00:00:45	00:06:59	135m	5'33"/km
7.	37	00:01:20	00:08:19	170m	7'51"/km
8.	36	00:00:44	00:09:03	105m	6'59"/km
9.	53	00:01:02	00:10:05	194m	5'20"/km
10.	48	00:00:39	00:10:44	140m	4'39"/km
11.	44	00:01:05	00:11:49	183m	5'55"/km
12.	38	00:01:02	00:12:51	72m	14'21"/km
13.	40	00:00:29	00:13:20	91m	5'19"/km
14.	47	00:00:43	00:14:03	123m	5'50"/km
15.	46	00:00:43	00:14:46	59m	12'09"/km
16.	44	00:01:26	00:16:12	228m	6'17"/km
17.	34	00:01:00	00:17:12	97m	10'19"/km
18.	49	00:00:36	00:17:48	114m	5'16"/km
19.	999	00:00:06	00:17:54	28m	3'34"/km